

OSTEOPOROSIS CONDITION PROTOCOL

Supplementation Regimen:

Severe bone density loss (“Osteoporosis”) (T-Score -2.5 or below or recovering from bone fracture):

- Optimal BonePlus Calcium, 3 capsules 3 times daily
- Optimal Longevi-D K2 or DAK1K2, 2 capsules 2 times daily

Moderate bone density loss (“Osteopenia”) (T-Score -1.0 to -2.5):

- Optimal BonePlus Calcium, 2 capsules 3 times daily
- Optimal Longevi-D K2 or DAK1K2, 1 capsule 2 times daily

Low-normal bone density loss:

- Optimal BonePlus Calcium, 2 capsules morning and night
- Optimal Longevi-D K2 or DAK1K2, 1 capsule daily



Nutrition Regimen:

- Eat more dark green leafy vegetables, broccoli, raw nuts, whole grains, and legumes
- Consume at least 750 milligrams of calcium from foods daily
 - Foods with high calcium:
 - Yogurt: 400 mg calcium per serving
 - Skim Milk: 300 mg calcium per serving
 - Salmon: 180 mg calcium in 3 oz serving
 - Almonds: 70 mg calcium per serving
 - Spinach: 100 mg calcium per ½ cup serving
 - Orange: 60 mg calcium per serving
 - Molasses: 140 mg calcium per 1 tbsp serving
 - Swiss Cheese: 270 mg calcium per 1 oz serving
- Eliminate foods that deplete calcium, such as caffeine, alcohol, and salt
- Avoid foods containing phosphorous, such as soda and red meat

Exercise Regimen:

- Exercise with resistance training in water (if possible) for 20 minutes, 3 times per week