



## Naturopathic Alternatives That Promote Bone Strength

(Just the bare bones minimum)

By

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Many of my patients, both men and women, have asked me for information to promote bone health and reduce bone loss. As we age all of us lose bone density. One of my colleagues at the age of forty discovered she had developed osteopenia from numerous starvation diets she had used to maintain her very slim figure. Bones need more than calcium to remain strong. Women lose more bone density than men due to hormonal differences. It is especially important for women after menopause to protect bone strength. Women who have had hysterectomies at a younger age also need to insure their bone health. Here is an alternative supplement program that will ease the loss and protect your bones significantly:

1. A good bone-building formula such as “Bone Defense” from KAL Corp, or “Citracal Maximum Plus” from Bayer Corp., both are good. My first choice would be “Bone Defense”. This will be your **basic bone-building formula**.

Once you have your **basic bone-building formula**, study the ingredients. If your formula contains these other ingredients, only purchase that which you might need to add to your basic bone-building formula.

You will also need:

1. Boron 3 mg daily (don't use more than 3 mg) – If your basic formula lists boron and the dose is close to 3 mg, then do not add boron.
2. Extra plain calcium – For women under age 50 and men under age 65, you will need 1200 mg of calcium per day. For menopausal women and men over age 65 you will need 1500-2000 mg of calcium per day. You can get plain calcium in the antacid, Tums. Sometimes, in extreme cases, you might need calcium injections from your healthcare provider. If your bone density is serious, ask your PCP if you need calcium injections just to get your bone repair initiated.
3. Copper – 3 mg daily – This aids in formation of strong new bones.
4. Organic iron – Have your PCP check your iron and iron stores by checking your blood. People do better at forming and maintaining bone density if their iron and iron stores are on the higher side of normal readings.

5. Glucosamine and Chondroitin supplement – This helps connective tissue and bone tissue development.
6. Magnesium – 1000 mg per day – Helps your body absorb the calcium well.
7. Phosphorus – Follow the directions on the label if your basic formula does not contain this.
8. Silica or Horsetail Herb – This supplies silica that your bones can absorb to promote bone restoration and fill in weak areas of the bone. Follow the directions on the label.
9. Vitamin B complex 50 mg – as directed on the label  
Extra Vitamin B6 – Not to exceed 200 mg per day  
Extra Vitamin B12 – 1000 to 2000 mg per day  
All these together help to provide strength to the proteins in the Bone tissues.
- 10 Vitamin D3 – Follow directions on the label if your basic formula does not contain this – Helps the calcium be absorbed by the bone.
- 11 Vitamin K – Follow the directions on the label if your basic formula does not contain this – Essential in promoting production of bone proteins.
- 12 Zinc – Do not exceed 100 mg in all supplements – This promotes calcium absorption.
- 13 Kelp – This contains important trace minerals that support bone health.

Also, a regular exercise program involving some weight-bearing will strengthen your bones. Ask your local fitness club or a physical therapist what weight-bearing exercise(s) would be best for you.

