

# OSTEOPOROSIS CONDITION PROTOCOL

## Supplementation Regimen:

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

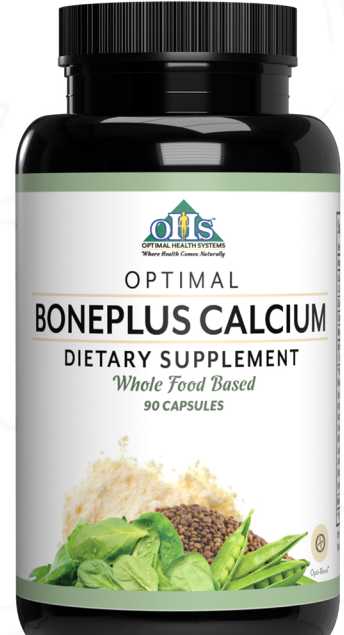
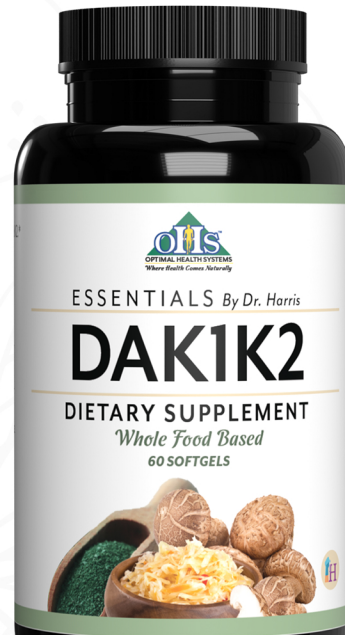
- Optimal BonePlus Calcium, 3 capsules 3 times daily
- Essential DAK1K2, 2 capsules 2 times daily

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

- Optimal BonePlus Calcium, 2 capsules 3 times daily
- Essential DAK1K2, 1 capsule 2 times daily

**Low-normal bone density loss:**

- Optimal BonePlus Calcium, 2 capsules morning and night
- Essential DAK1K2, 1 capsule daily



## Nutrition Regimen:

- Follow a Mediterranean diet, including high consumption of olive oil, legumes, unrefined cereals, fruits, and vegetables, moderate to high consumption of fish, moderate consumption of dairy products, and low consumption of non-fish meat products
- 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:

- Perform the following activities 3-5 times per week for 20-30 minutes
  - Weight-bearing exercises such as water walking and walking
  - Bone Builder classes
  - Resistance training with bands or light weights
  - Rebounder trampoline