# Bone Health

Today, people no longer have the guarantee of healthy bones once they reach middle-age. The natural balance between bone tissue formation and resorption is often disturbed, resulting in lower bone density and increased brittleness. Osteoporosis, the thinning of bone tissue, is a slowly progressing disease, which can only be effectively controlled with highly bioavailable mineral salts and vitamins needed to keep our bones strong. Calcium is familiar to all of us, but the bone nutrient hydroxyapatite is still largely unknown. Hydroxyapatite is the chief structural component of hard tissue in all vertebrates, accounting for 95 percent of the dental enamel and nearly 50 percent of bone tissue. This active ingredient contains the essential element calcium as well as a wide range of other nutrients vital for the human locomotor system: phosphates, magnesium, fluoride, zinc, copper, manganese, and others. During the daytime, we need much more hydroxyapatite than at night; this is why the chronobiological concept of morning and evening capsules is additionally beneficial. Moreover, a particularly highly-advanced preparation separates the forming substances (C, D, B6 and K1 vitamins in the morning) from the anti-inflammatory and pain-relieving vital constituents (isoflavones, sulfurous compounds at bedtime). This results in high efficacy through optimum absorption.