



Institute for Better Bone Health

Press Kit



www.bonehealthnow.com



Institute for Better Bone Health

About the Institute for Better Bone Health

[The Institute for Better Bone Health \(IBBH\)](#) is a resource-rich company devoted to educating consumers about bone health and advancing bone health care for people worldwide.

Founded by Charles T. Price, MD, the Institute for Better Bone Health aims to improve the lives of those suffering from poor bone health. This is achieved by educating consumers, by educating physicians and encouraging research into nutritional aspects of bone health.

Each of the Institute's products is well researched with a purpose that is made clear to consumers. Consumers have access to the latest research, and a portion of the sale of every product will help to fund continued research into bone health.





Institute for Better Bone Health

About Bone Health

Your bones stand the greatest chance of staying strong and healthy when supported by a proper diet, exercise and lifestyle. Adding a supplement that helps complete your nutritional needs is the first step to increase your intake of essential bone-building nutrients.

Bones have a range of functions that require a variety of nutrients for growth and support. Eating a balanced and nutritious diet is key to bone support, and understanding the recommended daily amount of nutrients for bone health is essential for smarter eating decisions. Nutrients such as Calcium, Magnesium, Vitamin D, Silicon, Boron, Vitamin K, Inositol, L-arginine and Vitamin C are ideal for good bone health.

Strength-training and weight-bearing exercises like dancing, jogging and yoga have the most benefit to bones, with their impact applying enough pressure on bone to promote growth. Individuals suffering from osteoporosis or low bone mass should consult their primary health care provider before starting a bone health exercise program.

Supplements are an effective way to compensate for dietary deficiencies. Supplements should meet the recommended amounts associated with improved bone health, and it's important to know which ones are right for you.

Lifestyle choices can also affect bone health. The link between cigarette smoking and osteoporosis has been clear for decades, and being overweight puts additional stress on joints and bones that can cause deterioration. Excess alcohol consumption has also been shown to negatively effect bone health, increasing the risk of fall and fracture.



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The Silical Story

After losing his mother due to complications from a hip fracture, Dr. Charles T. Price, who is internationally known for his clinical and academic achievements in the field of orthopedics, was determined to better educate himself and others about natural solutions for bone health. 25% of patients die within a year of a hip fracture and three out of four elderly patients never recover full activity, a statistic that hasn't changed in over 40 years.

Dr. Price knew that vitamin D and calcium supplementation were essential for bone health, but these nutrients alone were not sufficient to prevent bone fractures. Through his extensive research, Dr. Price uncovered a forty year old paper published by Edith Carlisle at UCLA that proved that the mineral silicon plays a major role in bone health. In fact, our bodies need silicon and bone cannot form without it. Dr. Price began to look more into silicon, and found out that an organic form of silicon can actually improve the structure and mineralization of bone. However, some forms of silicon are difficult for the body to absorb and retain. A main natural source of silicon is whole grains, but almost 100% of Americans are deficient in whole grains.

Dr. Price continued to research additional nutrients for bone health that are lacking in the typical American diet, and that's how the Silical System[®] was born. He researched not only nutrients that are important for bone health, but more importantly, those that are also insufficient in most Americans. For example, zinc is an important nutrient, but most people are not deficient and do not need additional supplementation for bone health.

Silical includes an organic form of silicon along with other nutrients for bone health- vitamin K2, magnesium citrate, inositol (vitamin B8), boron, L-arginine, vitamin C, calcium and vitamin D. Silical provides biologically necessary nutrients that many people are lacking, and is formulated so each ingredient can be taken into the body in a digestible form, thus avoiding mega-doses.



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About Silical System®

Silicon is a breakthrough ingredient for bone health supplements. It directly impacts all aspects of bone care and promotes healthier skin, hair and nails. Silicon is significantly involved in the earliest stages of collagen production and bone formation. [Silical System®](#) is a natural bone health supplement with Calcium and Vitamin D, plus the breakthrough ingredient silicon.

[Silical System](#)

According to the U.S. Surgeon General, half of all Americans over the age of 50 are at risk from poor bone health. To tackle this silent epidemic, Charles T. Price MD and his colleagues at the Institute for Better Bone Health have spent over a decade researching optimum bone health, formulating a breakthrough nutritional supplement called [The Silical System](#).

Healthy bone depends on calcium for hardness and collagen protein for toughness because collagen is like the steel rods in a concrete wall. Ingredients in Silical System promote healthy collagen support while increasing the effects of calcium and vitamin D.

Silical System provides an organic form of silicon and eight key nutrients for healthy bones that are typically lacking in the average American diet.

The Silical System contains:

Silical 1: this helps to deliver the nutrients calcium, vitamin D and magnesium, all of which are important for bone hardness.

Silical 2: this helps to deliver an organic form of Silicon, vitamin K2, boron, vitamin C, Inositol and L-arginine to increase the effectiveness of calcium while helping to maintain bone flexibility.

The proven ingredients in The Silical System can help you stay active and enjoy life longer throughout your later years.

The Institute of Bone Health also has a line of products that includes [Silical 2](#), [Silical Boost](#), [IBBH Joint Formula with UC-II®](#), [Silical System with Boost](#), [Silical System with Joint Formula](#) and [Silical System or Silical 2 Powder](#).



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Quality Standards and Safety

All of the ingredients in Silical® bone health supplements are carefully researched and do not contain unknown herbal extracts. The amount of each ingredient is consistent with guidelines provided by the [Food and Drug Administration](#) (FDA) and [National Institutes of Health](#) (NIH), for safe levels and recommended daily amounts.

The company's bone health supplements are manufactured in the United States, within world-class facilities that comply with federal and worldwide regulatory bodies including the FDA and Health-Canada. All their supplements are NSF-GMP registered, and have ISO-9001 Certification and ISO-17025.

The Institute for Better Bone Health is composed of a team of leading orthopedic surgeons who are actively involved in ongoing research in the field of bone health. Their commitment to research is evident in that a portion of every sale goes toward continued research into bone health.





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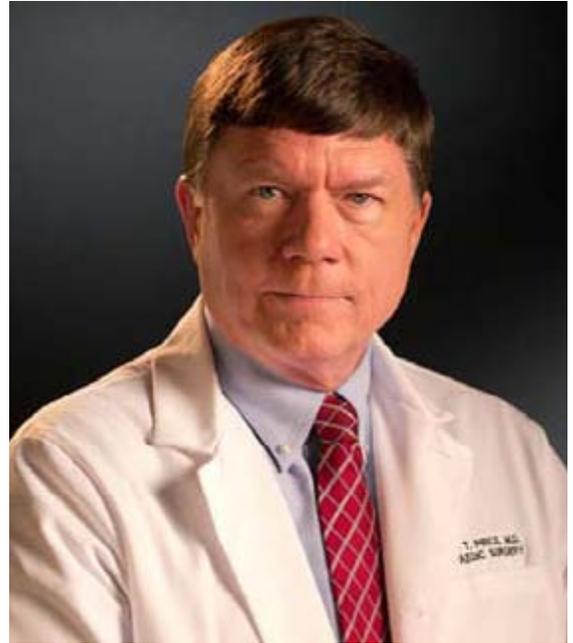
Biography: Charles T. Price, MD

Dr. Charles Price, the Medical Director for the Institute of Better Bone Health, is rated as one of America's top doctors. He received a B.S degree from Emory University in Atlanta where he was inducted into the Phi Beta Kappa honorary scholastic society. He graduated from Baylor College of Medicine in Houston and completed his orthopedic surgery residency at the University of Florida. Following residency, he completed a pediatric orthopedic fellowship at the Scottish Rite Hospital in Atlanta. He has actively practiced pediatric orthopedic surgery in Orlando since 1977.

Dr. Price is a Professor of Orthopedic Surgery at the Florida State University, College of Medicine. His accomplishments include:

- Author of over 80 scientific papers, 20 textbook chapters, and three books on topics including bone lengthening, fracture healing, artificial bone grafting and other research topics.
- American Academy of Orthopaedic Surgeons- Chairman Annual Meeting 2009-2013
- Past President of the North American Limb Lengthening and Reconstruction Society
- Past President of the Pediatric Orthopaedic Society of North America
- In 2011, Dr. Price was honored with the Distinguished Achievement Award from the Pediatric Orthopaedic Society for lifetime contributions to the advancement of orthopedic care for children.

For the past seven years, Dr. Price has also turned his attention to nutrition for bone health in an effort to decrease the burden of disease caused by weak bones. Dr. Price is also a Certified Sports Nutritionist by the American Sports and Fitness Association.





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FAQs

What is Silical®?

Silical is an advanced line of natural bone health supplements from Institute for Better Bone Health, developed by a team of renowned orthopedic surgeons. Silical System is an original bone health supplement that contains organic silicon to support bone and collagen growth, and may reduce the risk of osteoporosis. Silical Boost provides additional vitamins for bone trauma and healing.

How does Silical System work?

Silical System is composed of Silical 1 and Silical 2. The reason there are two bottles is that there are two components of bone strength. The first is bone hardness. This is where Silical 1 is needed because it provides Calcium, Magnesium and Vitamin D, which are the building blocks of bone hardness (also called bone mineralization). The second component of bone strength is bone collagen. This is the fabric that supports calcium. Silical 2 has nutrients that strengthen and toughen the fabric of bone. The most important player here is an organic form of silicon - because silicon helps form the structure of bone collagen and toughens collagen protein. Taking Silical 2 a few hours after you take Silical 1 gives calcium and vitamin D time to absorb, and introduces silicon and other essential nutrients that increase the effectiveness of Calcium, Magnesium and Vitamin D. In addition, the nutrients in Silical 2 promote healthy.

Is Silical System safe?

Silical System is a bone health supplement that helps complete your nutritional needs. The ingredients in Silical System are naturally found in foods. They are added because of their bone building effects, and in most cases, because the majority of Americans have insufficient amounts in the foods they eat.

If your diet permits eating the foods listed, you should be able to take Silical System. Silical System contains reasonable amounts of these ingredients without putting you over the recommended daily amount (RDA), but simply to compensate for the amount you may not be getting from food.

Is Silical FDA approved?

The FDA classifies all nutritional supplements as “specialty foods”. Silical products comply with the Dietary Supplement Current Good Manufacturing Practices (CGMP) for Quality Control. The amount of each ingredient is selective and consistent with guidelines provided by the Food and Drug Administration (FDA) and National Institutes of Health (NIH), for safe levels and recommended daily amounts (RDA). Our bone health supplements are manufactured in the United States, within world-class facilities that are registered with the FDA and comply with federal and worldwide regulatory bodies.