



Recommendation from Alexa Aboudaram

Monday, Oct 31st

For ease of dosing, this product has been included for multi-ingredient products combining calcium, magnesium, and vitamin D, all of which are outlined in this protocol and shown to support bone health:

- Liquid Calcium Magnesium Orange-Vanilla 2:1: <https://us.fullscript.com/p/stores/products/catalog/show?productID=73387>
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Products

Items**Instructions****Price****Calcium With Vitamin D3 (180 capsules)**

Pure Encapsulations

In Stock

Instructions from Alexa Aboudaram:

1-3 capsule once per day, ongoing

Additional Instructions

minimum 1 year

\$28.99**Vitamin K2 (60 capsules)**

Klaire Labs

In Stock

Instructions from Alexa Aboudaram:

2-6 capsules once per day, for 6 months

Additional Instructions

45-90 mg per day as menatetrenone (MK-4), or 100-300 µg per day as MK-7 for 6-48 months

\$28.99**Potassium (Citrate) (90 capsules)**

Pure Encapsulations

In Stock

Instructions from Alexa Aboudaram:

4 capsules four times per day, for 6 months

Additional Instructions

90 mmol (3,500 mg), total per day, for six months 50-60 mEq, total per day, for one year

\$15.99**Magnesium (Citrate) (90 capsules)**

Pure Encapsulations

In Stock

Instructions from Alexa Aboudaram:

2 capsules once per day, for 1 month

Additional Instructions

minimum 1-12 months

\$17.99