Choosing a trusted calcium supplement

When you're looking for When you're looking for a supplement, you want a supplement, you want to find it from a to find it from a reliable source, reliable source, right? So, I'll let right? So, I'll let you in on a you in on a little secret.

Many Many supplement manufacturers on the market do not supplement manufacturers on the market do not have any have any clinical knowledge. They clinical knowledge. They never treated never treated patients. They don't patients. They don't know how to read know how to read scientific studies.

scientific studies. They make supplements They make supplements to make money. And to make money. And I think that's I think that's fundamentally wrong, don't fundamentally wrong, don't you? If you're you? If you're going to take going to take something for your something for your health, you should health, you should trust the people who trust the people who made it. That's why we made it. That's why we took it upon ourselves to took it upon ourselves to personally build personally build relationships with each of relationships with each of our our our ingredient suppliers. So, ingredient suppliers. So, we know where we know where our our our dates come from. They dates come from. They come from the come from the Coachella Valley. We Coachella Valley. We know where know where our our our almonds come from. We know almonds come from. We know the farms from which the farms from which our our our dairy minerals are sourced.

Next is vitamin K2 from Next is vitamin K2 from chickpeas, and we also have chickpeas, and we also have vitamin D from white vitamin D from white mushrooms. We know mushrooms. We know all of our all of our ingredient suppliers, and this is ingredient suppliers, and this is very important because we very important because we check the quality check the quality to make sure to make sure it meets it meets safety standards.

safety standards. Does the product composition match Does the product composition match what is what is written on the label? We then We then take these take these high-quality high-quality high-quality ingredients and ingredients and formulate them to formulate them to produce a highly produce a highly concentrated concentrated concentrated chewable tablet with chewable tablet with 500 mg of food-grade 500 mg of food-grade calcium. So we calcium. So we take this take this very seriously. Many very seriously. Many companies simply companies simply tell the manufacturer tell the manufacturer to find any to find any ingredients and then ingredients and then simply test what simply test what they have done, but at they have done, but at Scene we don't work that way. We know our. We know our ingredients and our ingredients and our formula perfectly.

formula perfectly. So someone asked So someone asked me, "Debbie, why do you me, "Debbie, why do you recommend this if it recommend this if it contains milk?

Milk and dairy sensitivities

" contains milk?" So, explain to me So, explain to me the aspect of the the aspect of the milk calcium component in Scene chewable tablets. Yes. I think Scene chewable tablets. Yes. I think milk has a bad milk has a bad reputation, but we reputation, but we need to understand why need to understand why certain people have certain people have sensitivities and to which sensitivities and to which components of components of milk. Milk milk. Milk is generally a very is generally a very nutritious product.

nutritious product. Therefore, if we just Therefore, if we just completely give up completely give up milk and milk and dairy products, dairy products, it could be very it could be very dangerous. That's why dangerous. That's why when I talk to when I talk to patients, I say, " Let's figure out Let's figure out what part of what part of milk you're milk you're sensitive to." sensitive to.

How milk minerals provide calcium

" With that in mind, we With that in mind, we use use use milk minerals as a milk minerals as a source of our source of our calcium, phosphorus, calcium, phosphorus, copper, magnesium, iron, copper, magnesium, iron, zinc—all zinc—all zinc—all natural minerals natural minerals found in milk. We found in milk. We use a use a use a process where, process where, if you imagine a glass of if you imagine a glass of milk, we remove milk, we remove all the liquid, fat, and all the liquid, fat, and even protein, even protein, leaving only the leaving only the mineral composition of mineral composition of the milk. So this the milk. So this visualization is very visualization is very important because it important because it allows people with dairy sensitivities dairy sensitivities to consume our calcium chewable tablets because we calcium chewable tablets because we only use only use dairy minerals. There is dairy minerals. There is no fat, which no fat, which usually causes usually causes sensitivity in people, sensitivity in people, or the proteins you or the proteins you mentioned. Because it's mentioned. Because it's not in the ingredients, not in the ingredients, many customers many customers tell us, "Oh, I tell us, "Oh, I had a dairy sensitivity for so many years, but I could, but I could eat your eat your milk supplement." And that's milk supplement." And that's actually very actually very nice. We also nice. We also removed over 99% of the lactose. So, if you are lactose. So, if you are lactose intolerant, you can lactose intolerant, you can eat our calcium eat our calcium supplement, it is supplement, it is safe.

safe. safe.

The bone-health nutrient team

I always talk about the I always talk about the four main four main musketeers of musketeers of bone health. The Four bone health. The Four

Musketeers: calcium is number one, vitamin D number one, vitamin D helps it helps it be absorbed, magnesium be absorbed, magnesium dissolves calcium, and dissolves calcium, and vitamin K2 delivers vitamin K2 delivers it to or it to or binds it to the bones. So, binds it to the bones. So, these four, and of course these four, and of course there are other cofactors that are there are other cofactors that are also involved in also involved in this process. And this process. And you have it all here.

you have it all here. Yes. Yeah, I think Yes. Yeah, I think two more I would two more I would add to your add to your musketeers are musketeers are protein and fiber, protein and fiber, right? But yes, little right? But yes, little by little—that's right. You can't by little—that's right. You can't cram 15 grams of cram 15 grams of protein into one chewable protein into one chewable tablet because it will turn into tablet because it will turn into a bar, but protein and a bar, but protein and fiber are critically fiber are critically important because they important because they build the framework in build the framework in which which which these minerals will be deposited these minerals will be deposited.

. Yes, fiber is very Yes, fiber is very beneficial for beneficial for gut health, and protein is beneficial for the integrity of the for the integrity of the mucosal barrier.

mucosal barrier. So yes, protein and So yes, protein and fiber as fiber as macronutrients, as well as macronutrients, as well as all those minerals all those minerals and vitamins, are very and vitamins, are very important. I'm so important. I'm so grateful to have met grateful to have met you girls. I you girls.

The story behind the calcium chew

I interviewed Adrienne. interviewed Adrienne. I like I like your story. I your story. I love that you love that you met on the met on the playground playground playground and both of you had a and both of you had a story about story about osteoporosis in your 30s, osteoporosis in your 30s, which honestly which honestly shouldn't even shouldn't even be a topic in your 30s. And yet be a topic in your 30s. And yet it was relevant to it was relevant to both of you, and the fact that she's a both of you, and the fact that she's a food scientist food scientist and you're a pharmacist and you're a pharmacist brings brings brings authenticity, authenticity, authenticity, knowledge, and respect to the knowledge, and respect to the matter. It's just matter. It's just incredible that you incredible that you created this product, created this product, because we need it, we're looking for it. So, we're looking for it. So for women with for women with osteoporosis who osteoporosis who want to do everything they can naturally, we have an naturally, we

have an impact. Bones are impact. Bones are living tissue that living tissue that works every day: they works every day: they are built, are built, broken down, broken down, built again and built again and broken down, and we broken down, and we can influence both the can influence both the building and building and breaking down processes. And for breaking down processes. And for this building this building block, you block, you need calcium to make your need calcium to make your bones resistant bones resistant to fractures. And it's a to fractures. And it's a great way great way to get it from food.

to get it from food. No one will be able to find any No one will be able to find any flaws in this flaws in this product, let's say.. Thank you, Debbie, for these Thank you, Debbie, for these words, because this is exactly what words, because this is exactly what we are facing: we are facing: leading leading osteoporotic doctors, osteoporotic doctors, specialists, and specialists, and physiotherapists who physiotherapists who have been working in this field for have been working in this field for 30-40 years fully 30-40 years fully support our support our product, because you product, because you can't argue with calcium from food can't argue with calcium from food. We.

Food-based calcium for womenu2019s bone health

We meet a meet a meet a real need, real need, based on evidence. based on evidence. So it was great So it was great to meet to meet people like you people like you so we can spread so we can spread the word and give the word and give women a useful women a useful tool. You know, tool. You know, try to try to try to get calcium from get calcium from food every day, but when that's food every day, but when that's not possible, this not possible, this product will come in product will come in handy. If you handy. If you are looking for support are looking for support for bone health, for bone health, join me join me in the Stronger Bones Lifestyle.

in the Stronger Bones Lifestyle. I have a community that only costs $27 a only costs $27 a month to join. And what month to join. And what will you get for it? You will you get for it? You will get live Q &A sessions with &A sessions with me and other me and other invited invited invited experts. I hold weekly yoga therapy classes, yoga therapy classes, monthly cooking monthly cooking workshops, and workshops, and most importantly, you most importantly, you will become part of will become part of a community of women who are a community of women who are striving for one goal: striving for one goal: to stop to stop bone loss and bone loss and naturally naturally naturally make bones make bones stronger and more resistant stronger and more resistant to fractures.

to fractures.