

# BONE HEALTH IS NERVOUS SYSTEM HEALTH

## Strong bones require more than calcium.

Bone strength depends on:

- ✓ Movement
- ✓ Nutrition
- ✓ Sleep
- ✓ Hormones
- ✓ Nervous system regulation

## What Supports Healthy Bone Density

- Weight-bearing and resistance exercise
- Adequate protein, calcium, magnesium, vitamin D & K
- Restorative sleep
- Hormonal balance
- A regulated nervous system

## How This Herbal Blend Supports the Process

This calming, mineral-rich blend supports the internal environment required for bone health. It is designed to:

- Calm the nervous system and reduce stress response
- Support digestion and nutrient absorption
- Provide gentle daily mineral nourishment
- Improve sleep and recovery

This blend works best when used alongside movement, nutrition, and medical guidance.

### Gray's 3™ Insight: Why Regulation Comes First

When the nervous system is stuck in survival mode, the body prioritizes protection over repair. Gray's 3™ helps the body shift into a regulated state—supporting digestion, sleep, and tissue healing. Regulation creates the conditions that allow the body to maintain and support bone strength.