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Strontium For Bones

Strontium rebuilds bone lost due to osteoporosis and osteopenia without the negative side effects associated with many prescriptions, such as Fosamax, Boniva, and Actonel. Strontium is available in several forms, including citrate, lactate, carbonate, gluconate, and ranelate. The latter requires a prescription and is not available in the U.S. The other forms are available from health-food stores and on-line distributors. Strontium citrate is the most common form and is easily assimilable.

UPDATED**October 17, 2019****Follow by Email****Submit****About Me****BoneLady**

United States

I am a 60-year-old female with osteoporosis. I took Fosamax 70 mg once weekly for seven months until I could no longer endure the side effects. For the following month, I took no medication. Since January 21, 2008, I have been on 680 mg strontium (as citrate) once daily. I intend to relate my progress. My first DEXA scan was done May 8, 2007. My T-score at the lumbar spine was -3.0 (-2.0 at L1, -2.7 at L2, -3.4 at L3 and -3.8 at L4). My T-score at the left hip was -2.2 (-2.8 at neck, -2.0 at troch, -1.9 at inter). My BMD results in g/cm² were 0.712 at the spine (L1-L4), 0.53 at the left hip (neck), and 0.670 at the left hip (total). A followup scan is planned for July 6, 2009. For these results, see: <http://strontiumforbones.blogspot.com/2009/07/improved-t-scores-after-treatment.html>

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Skeleton Pirate



Artist: LindaB

WELCOME TO STRONTIUM FOR BONES BLOG

Have you experienced negative, and even dangerous, side effects from Fosamax (alendronate), Boniva (ibandronate), Actonel (risedronate), Reclast (zoledronic acid), Prolia (denosumab), Forteo (teriparatide), Tymlos (abaloparatide), or other drugs prescribed for osteoporosis? If you have, then rest assured there is a safe, effective treatment for this condition. Strontium, primarily in the form of strontium citrate, is taken orally once a day.

Visitors to my blog can leave comments or ask questions and can remain anonymous, if they wish. Their comments are relayed to my g-mail inbox. Below each post, the number of comments for that post is cited and underlined because it is a link. By clicking on that link below any post, a window opens so that a visitor can leave a comment. Ideally, visitors leave comments on posts most relevant to their comments. All comments to my posts are moderated by me.

Browse the posts and visit the link library of references.

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THURSDAY, OCTOBER 17, 2019

Strontium Citrate Protocols

If you decide to take strontium citrate, you need to ensure you are also getting adequate calcium, magnesium, vitamin D, other vitamins and minerals, and protein. You can get these nutrients from a combination of diet and supplements. Choosing a supplement plan, or protocol, that is right for you can be as simple as choosing one of the three protocols described in this post or by modifying one of them with your own choice of supplements.

Protocols for Osteoporosis:

COMB		BoneLady
Strontium citrate	680 mg	680 mg
Vitamin K2 (MK7)	100 mcg	none
Vitamin D3	2000 IU	1000 IU
Docosahexanoic acid (DHA)	250 mg	none
Magnesium	25 mg	250 mg*
Calcium	Dietary sources	500 mg*

*BoneLady takes a supplement tablet that contains 250 mg Mg and 500 mg Ca. In addition, she gets about 700 mg Ca from food for a total of about 1200 mg Ca per day.

Protocol for Osteopenia:

MOTS	
Strontium citrate	450 mg
Vitamin K2 (MK7)	60 mcg
Vitamin D3	2000 IU*
Melatonin	5 mg
DHA	none
Magnesium	none
Calcium	*

*In addition to study medication, participants in the MOTS study were allowed to take less than 1000 IU of vitamin D3 and less than 1000 mg of calcium daily.

<http://strontiumforbones.blogspot.com/2017/02/mots-and-comb-study-comparison.html>

<http://strontiumforbones.blogspot.com/2012/02/combination-of-micronutrients-for-bone.html>

<https://s3-us-west-1.amazonaws.com/paperchase-aging/pdf/vmFJfarchkyMAtwWn.pdf>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5310667/>

<https://clinicaltrials.gov/ct2/show/NCT01870115?term=strontium+citrate&rank=1>

Posted by BoneLady at [12:00 PM](#) 

Labels: [calcium](#), [docosahexanoic acid \(DHA\)](#), [magnesium](#), [melatonin](#), [osteopenia](#), [osteoporosis](#), [Strontium citrate](#), [vitamin D3](#), [vitamin K2 MK-7](#)

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Wandering Skeleton



Artist: Joel Hoekstra

Osteoporotic Bone



Source: www.mayoclinic.com

How Strontium Builds Bones

Strontium is a mineral that tends to accumulate in bone. Studies have shown that oral doses of strontium are a safe and effective way to prevent and reverse osteoporosis. Doses of 680 mg per day appear to be optimal. See my ["For More Information About Strontium"](#) links section.

Osteoporosis is caused by changes in bone production. In healthy young bones there is a constant cycle of new bone growth and bone removal. With age, more

bone is removed and less new bone is produced. The bones become less dense and thus more fragile.

Scientists believe that strontium works in two ways. It may stimulate the replication of pre-osteoblasts, leading to an increase in osteoblasts (cells that build bone). Strontium also directly inhibits the activity of osteoclasts (cells that break down bone). The result is stronger bones.

When taking strontium, be sure to take 1200 mg calcium, 1000 IU vitamin D3, and 500 mg magnesium daily. It is best to take strontium late at night on an empty stomach. Calcium and strontium may compete with each other for absorption if taken together.

For More Information About Strontium

- [A Dose-response Study With Strontium Malonate](#)
- [Antifracture Efficacy Over 10 Years With Strontium Ranelate](#)
- [Correction Of BMD For Strontium](#)
- [International Osteoporosis Foundation](#)
- [Interpretation of BMD Scans in Patients Stopping Strontium](#)
- [Long-Term BMD Increases with Strontium Ranelate](#)
- [National Osteoporosis Foundation](#)
- [Osteoporosis And Bone Physiology](#)
- [Photo Of Lead Researcher in Strontium Citrate Clinical Trial](#)
- [Post-Marketing Assessment of the Safety of Strontium Ranelate](#)
- [PREVOS And STRATOS Clinical Trials Of Strontium For Treating Osteoporosis](#)
- [Protelos After Long-Term Bisphosphonate Use](#)
- [PubMed Abstract On The SOTI Study](#)
- [PubMed Abstract On The TROPOS Study](#)
- [Strontium Dexa Scan Effect](#)
- [Strontium Ranelate \(Protelos\)](#)
- [Strontium Ranelate for Men](#)
- [Strontium Ranelate For Spinal Osteoarthritis](#)
- [Strontium: Breakthrough Against Osteoporosis](#)
- [Tests For Causes of Osteoporosis](#)
- [Tests for Osteoporosis](#)
- [Thirteen Key Diagnostic Tests](#)

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