

My favorite ways to take the Beyond Osteo FX Powder

I have 2 favorite ways that I like to mix it.

- 1. Take a whole lemon, cut it in half, squeeze [\(use this tool for easy use\)](#) it in a shaker bottle that has a wire mixing ball. Add about 4 oz of purified water along with 1 rounded scoop of the Beyond Osteo Fx Powder. Shake well. Add ice. Shake again. Drink and enjoy. Be sure to drink it all, some may settle at the bottom of your glass. You can also add your Plant Derived Minerals to this mix.**
- 2. Add 1 rounded scoop of the Beyond Osteo Fx Powder and mix it with a protein shake or meal replacement shake of your choice*. You can also add your Plant Derived Minerals to this mix.**

With bone and joint health becoming an increasing concern, Beyond Osteo-fx was formulated to help support optimal bone and joint health. Beyond Osteo-fx supplies you with more than the daily recommended intake of calcium along with the nutrients needed to enhance calcium absorption by the body. Your body needs calcium to build and maintain strong bones. Your heart, muscles and nerves also need calcium to function properly. Many studies suggest that calcium, along with vitamin D, have benefits beyond bone health: protecting against cancer, diabetes and high blood pressure.