



MEADVILLE LOCATION
900 Water Street, Downtown Mall
Meadville, PA 16335
814-720-4825 (phone)
814-601-0930 (fax)
meadville@vitalityhealthandwellness.com

GROVE CITY LOCATION
209 South Broad Street
Grove City, PA 16127
724-458-5522 (phone)
814-601-0930 (fax)
grovecity@vitalityhealthandwellness.com

LAKEWOOD LOCATION
130 Chautauqua Avenue
Lakewood, NY 14750
716-763-8880 (phone)
814-601-0930 (fax)
lakewood@vitalityhealthandwellness.com

August 2026 Vitalit-E-News References

Osteoporosis

Pizzorno, Joseph E., and Michael T. Murray. 1999. Textbook of natural medicine. Edinburgh: Churchill Livingstone.

Salmon

Salmon. World's Healthiest Foods Website. <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=104> (Accessed July 1, 2013)

Bone Healthy Supplements

Pizzorno, Joseph E., and Michael T. Murray. 1999. Textbook of Natural Medicine. Edinburgh: Churchill Livingstone.

Horsetail (*Equisetum arvense*)

Costa-Rodrigues J, et. al. 2012. Inhibition of human in vitro osteoclastogenesis by *Equisetum arvense*. Cell Proliferation 45(6):566-76.

Raczuk J, Biardzka E, Daruk J. 2008. The content of Ca, Mg, Fe and Cu in selected species of herbs and herb infusions, Roczniki Państwowej Zakładowej Higieny 9(1):33-40.

Bessa Pereira C, et. al. 2012. *Equisetum arvense* hydromethanolic extracts in bone tissue regeneration: in vitro osteoblastic modulation and antibacterial activity. Cell Proliferation 45 (4): 386-96.

"Horsetail." University of Maryland Medical Center website. <http://umm.edu/health/medical/altmed/herb/horsetail> (accessed July 24, 2013)

Resistance Exercise

"Exercises for Osteoporosis". Web MD Website. <http://www.webmd.com/osteoporosis/features/exercise-for-osteoporosis> (accessed July 1, 2013).