

# Bone, Joint & Mobility Supplements

Support for lifelong bone density and comfortable, mobile joints - the minerals that build bone and the compounds that cushion cartilage.

- Bone density
- Calcium
- Vitamin D
- Joints
- Mobility

~age 30

when peak bone mass is reached, then slowly declines

1,000-1,200mg

daily calcium target for most adults

800-2,000IU

vitamin D that helps you absorb that calcium

K2

helps direct calcium into bone, not arteries

## What this category covers

Bone and joint supplements work on two connected goals: keeping bones dense and keeping joints comfortable and mobile. The bone side centers on calcium and the partners that make it work - vitamin D for absorption, vitamin K2 to direct calcium into bone, and magnesium as a structural cofactor. The joint side uses glucosamine, chondroitin, and collagen to support the cartilage that cushions movement. Both sides reward steady, long-term use, especially from midlife onward.

## Key ingredients & typical dosing

Reference ranges commonly used in formulations. Evidence rating reflects the weight of human research for the stated role.

| INGREDIENT                    | TYPICAL DAILY RANGE | PRIMARY ROLE                                 | EVIDENCE |
|-------------------------------|---------------------|----------------------------------------------|----------|
| Vitamin D3                    | 1,000 - 2,000 IU    | Drives calcium absorption                    | Strong   |
| Calcium                       | 500 - 1,000 mg      | Primary bone mineral                         | Strong   |
| Magnesium                     | 200 - 400 mg        | Bone structure & cofactor                    | Moderate |
| Vitamin K2                    | 90 - 120 mcg        | Directs calcium into bone                    | Moderate |
| Glucosamine                   | 1,500 mg            | Cartilage support & joint comfort            | Moderate |
| Chondroitin                   | 800 - 1,200 mg      | Cartilage cushioning; pairs with glucosamine | Moderate |
| Collagen (type II / peptides) | 40 mg - 10 g        | Joint & connective-tissue support            | Moderate |
| Boron                         | 3 mg                | Supports bone mineral metabolism             | Limited  |

## How it helps

Think of it as two teams: one builds bone, the other cushions joints.



### Bone density

Calcium supplies the mineral while vitamin D unlocks its absorption and K2 steers it into the skeleton where it belongs.



### Joint comfort

Glucosamine, chondroitin, and collagen support the cartilage that cushions joints, easing everyday stiffness for some people.



### Mobility over time

Maintaining both bone and cartilage supports staying active and independent as you age.



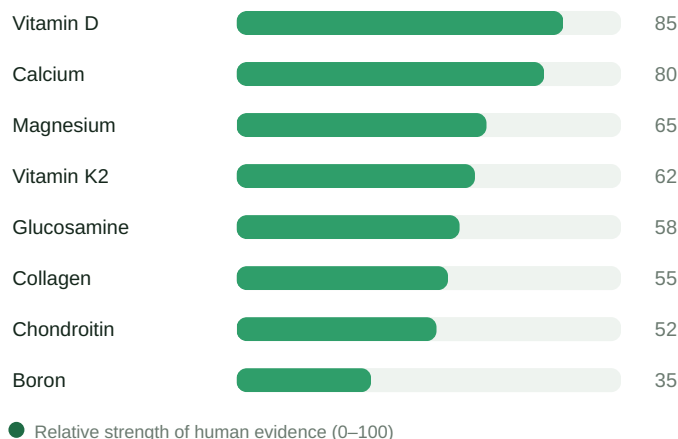
### The right cofactors

Magnesium and boron round out bone metabolism so calcium and vitamin D can do their jobs.

## The data at a glance

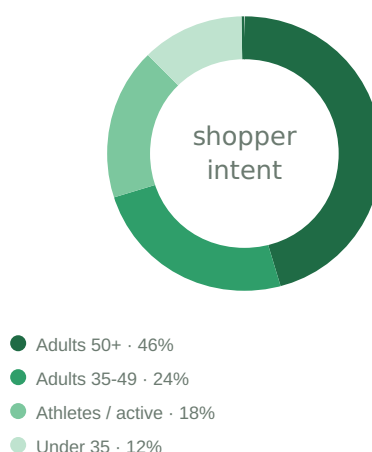
### Weight of human evidence by ingredient

Higher = stronger, more consistent clinical support for bone/joint health.



### Who buys this category

Illustrative demand mix by shopper.



## Who it's for & how to use

### Best for

Adults protecting bone density (especially post-menopausal women and older adults) and active people wanting to support joint comfort.

### When to take

Take calcium in doses of 500 mg or less with food, split through the day; vitamin D and K2 with a fat-containing meal; glucosamine daily for a few months to judge effect.

### What to pair

Calcium with vitamin D and K2; glucosamine with chondroitin; separate calcium from iron supplements.

### Safety & interactions

- Keep single calcium doses to about 500 mg - the body absorbs more in smaller amounts, and excess may burden the heart and kidneys.
- Glucosamine is often derived from shellfish - check the source if you have a shellfish allergy.
- Vitamin K2 can interfere with warfarin - keep intake consistent and tell your prescriber.
- Separate calcium from iron and thyroid medication, which it can block.
- Joint pain with swelling, locking, or injury deserves a medical assessment, not only supplements.

## Frequently asked

### Can I get too much calcium?

Yes. More isn't better - very high intakes may raise cardiovascular and kidney-stone risk. Aim for the daily target from food plus a modest supplement to fill the gap.

#### Do glucosamine and chondroitin actually work?

Results are mixed. Some people get meaningful relief from joint discomfort, others little. A 2-3 month trial is the usual way to tell if you respond.

#### How much vitamin D do I need for bones?

Most adults do well on 1,000-2,000 IU daily, but a blood test can guide higher, targeted dosing if you're deficient.

#### What does vitamin K2 do here?

K2 helps direct calcium into your bones rather than soft tissues and arteries, which is why it's often paired with calcium and vitamin D.

## Featured products

Live items from this category, populated from the Tradebee products-read action.

No live products loaded. Populate **products[]** from the Tradebee products-read action to list this category's catalog here.

This page is educational and is not medical advice. Statements have not been evaluated by any regulatory authority and are not intended to diagnose, treat, cure, or prevent any disease. Consult a qualified healthcare professional before starting any supplement, especially if pregnant, nursing, taking medication, or managing a health condition.