



# vitafusion™

## **BONE-AFIDE SUPERSTARS**

### **NUTRIENTS FOR BONE HEALTH**

Bones are invisible to you, but a very important part of your body! They provide the foundation and support for you to stand and move. They also protect your brain, heart, lungs, and other vital organs from injury if you fall.

### **THE IMPORTANCE OF HEALTHY BONES**

Just as beams and walls support a house, healthy bones are your body's physical support. Most people reach peak bone mass (also known as bone density) between ages 25–30. After age 40, bone mass slowly declines as you age. This is why it's so important to continue to consume a healthy, nutrient-rich diet and to exercise throughout your life to help your bones.

Bones are made up of mostly collagen and calcium. When you consume calcium, some stays in your blood, cells, and muscles for important functions, but the rest gets stored in your bones. Your bones act like a calcium savings account for your body: if you don't consume enough calcium, you'll pull needed calcium from your bones. Over time, if your body has to keep pulling calcium from your bones to support the rest of the body's needs, bones can become brittle and have lower bone density. Fortunately, there's a lot you can do to help your bones, no matter your age!

### **EXERCISE FOR BONE HEALTH**

Weight-bearing exercise, like strength training or lifting weights, is critical for bone health. It challenges your bones and helps strengthen them. If you're new to strength training, it's best to work with a reputable personal trainer so you learn the correct way to lift weights and exercise.

If you don't want to or can't lift weights, you can use your own body weight to strengthen your bones. Push-ups are a classic example, and if you want to start easier, do modified push-ups with your hands on the wall, counter, or couch rather than the floor. Pilates, yoga, squats, and lunges also use your own body weight. Even jumping rope helps increase bone density in your legs. Using your own body weight is also convenient—no need for any fancy equipment or to go to a gym! If you haven't been active in a while, check in with your health care professional before starting a new exercise routine.

# IMPORTANT NUTRIENTS FOR BONE HEALTH

You may already know calcium supports bone health\*, but did you know many other nutrients help too? As with much of your body, many vitamins and minerals work together to keep you healthy.\*

## CALCIUM

Calcium plays a large role in supporting bone health—98% of calcium in your body is stored in your bones!\* You can find calcium in dairy products like milk, yogurt, and cheeses. If you can't consume dairy, you can also find calcium in cooked dark leafy greens, some beans, as well as calcium-fortified juices, plant milks, and tofu.

For a calcium boost, try **vitafusion Calcium** gummy vitamins. They contain 500 mg of calcium and 25 mcg of vitamin D per serving in delicious fruit and cream flavors.

## VITAMIN D

Vitamin D aids in the absorption of calcium.\* Also known as the “sunshine vitamin,” you can get vitamin D from the sun depending on where you live and the time of year. You can also find vitamin D in foods, such as fatty fish, egg yolks, cheese, and some mushrooms. Cow's milk and some plant milks are also fortified with vitamin D.

**vitafusion D3** gummy vitamins contain 50 mcg of vitamin D per serving in yummy peach and berry flavors. Or, try **vitafusion Extra Strength D3** with 375% of the Daily Value of vitamin D3 in every 2-gummy serving.

## MAGNESIUM

Magnesium is involved in over 300 bodily processes in your body, including your bones.\* You can find magnesium in nuts, seeds, beans, and dairy products.

If you're looking for a supplement with magnesium, **vitafusion Magnesium** gummy vitamins contain 165 mg of magnesium per serving in a tasty tropical citrus flavor.

Strong bones help you have a healthy and active life. Along with a nutritious diet full of fruits, vegetables, lean meats, dairy, nuts, and seeds, exercise can also help build up your bone strength. And if you want a boost of calcium, vitamin D, or magnesium, **vitafusion** is here to help!

Brought to you by the **vitafusion**<sup>™</sup> nutrition experts

**\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**