



There are **two** ways to reduce your risk of osteoporosis:

1 Maximize your peak bone mass.

At about age 30 you achieve your peak bone mass—the greatest bone density you will achieve in your lifetime. By maximizing your peak bone mass, you ensure the greatest protection possible against the natural bone loss that occurs with age. In other words, the more bone you have at 30... the more you will have at 80!

2 Minimize age-related bone loss.

Until about age 30 you build and store bone efficiently. Then, as part of the aging process, the rate of bone loss begins to exceed the rate of bone building. The good news is that even if you already have osteoporosis you can dramatically slow your rate of bone loss, and in some cases even improve your bone density, by following the recommendations below. It's never too late to do something about bone loss!

Choose a Proven, Safe, All-Natural Approach...

To Maximize Peak Bone Mass and Minimize Age-Related Bone Loss

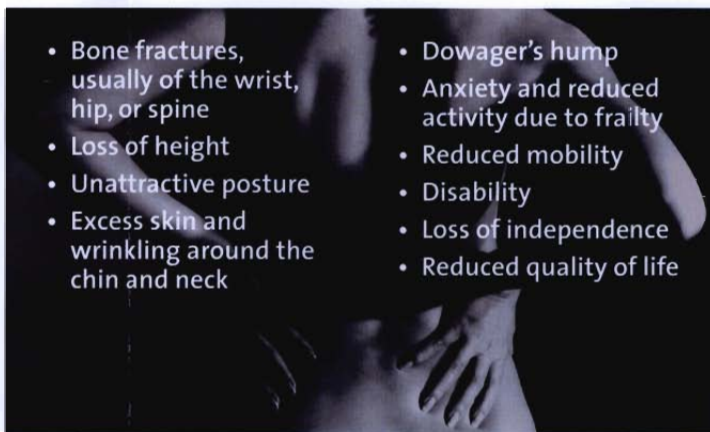
- [1] Take MCHC (microcrystalline hydroxyapatite concentrate) for comprehensive bone nourishment.
- [2] Increase your intake of green, leafy vegetables; legumes, nuts, and seeds; whole, fresh foods; and/or select dairy products. These foods are great, natural sources of calcium.
- [3] Avoid excess alcohol and caffeine consumption. These lower the amount of calcium in your body and may reduce bone formation.
- [4] Reduce excessive protein intake.
- [5] Don't smoke—tobacco use is associated with weak bones.
- [6] Avoid aluminum cookware and aluminum-containing antacids. Aluminum can displace calcium in the body.
- [7] Include regular weight-bearing exercise such as walking, biking, aerobics, or weight-lifting.



Osteoporosis is a condition of thin, brittle bones that develops *silently* over *many* decades.

Did you know that osteoporosis can result in:

Because it is a silent disease, many people don't even discover they have osteoporosis until they fracture a bone or crack a rib! To maximize your mobility, appearance, independence, and quality of life as you age, take steps to ensure your skeletal health **NOW**.



- Bone fractures, usually of the wrist, hip, or spine
- Loss of height
- Unattractive posture
- Excess skin and wrinkling around the chin and neck
- Dowager's hump
- Anxiety and reduced activity due to frailty
- Reduced mobility
- Disability
- Loss of independence
- Reduced quality of life

"1 in 2 women and 1 in 8 men over the age of 50 will suffer an osteoporosis-related fracture in their lifetime."

Are You at Risk of Osteoporosis? Find out now—take this quiz:

- White or Asian ethnicity
- Female
- Thin or small bone frame
- Family history of bone loss with age
- Postmenopausal or surgical hysterectomy
- High protein diet
- Low stomach acid or frequent indigestion
- Lack of weight-bearing exercise
- Cigarette smoking
- Excessive intake of caffeine or alcohol
- Advanced age
- Less than optimal intakes of calcium, magnesium, and other nutrients needed for new bone formation
- Long-term use of anticonvulsants and blood-thinning medications
- Regular use of aluminum-containing antacids
- Regular use of diuretics such as Lasix, Bumex, Edecrin, and Demadex
- Hyperparathyroidism, Type 1 diabetes, thyrotoxicosis, or Cushing's syndrome
- Long-term prednisone or cortisone therapy

If you checked three or more of the above statements, talk to your doctor about osteoporosis prevention TODAY! Only your doctor can make a diagnosis. But don't wait until you have osteoporosis to do something about it...