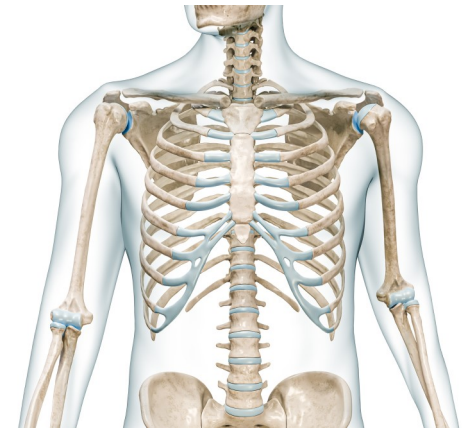


# OSTEOPOROSIS?

Bones undergo repeated metabolism just like hair and skin. When we are young, a balance between cells that destroy old bone (osteoclasts) and cells that create new bone (osteoblasts) is harmonious but as we age, female hormones (estrogen) decrease, causing bone loss. The activity of osteoclasts, which destroy old bones, becomes active, and the activity of cells that build bone cannot keep up. As a result, bone mass and density decreases. This is called osteoporosis.

Osteoporosis increases the risk of fractures from even the slightest impact.



## Characteristics

The most common problem associated with osteoporosis is **bone fractures**. The bones of the wrist, spine and hip are the most likely to break. Hip fractures are the most serious as they can lead to longer-term hospitalization, permanent disability and loss of independence.



### ● WRISTS

The number of cases increases rapidly among people aged 45 and over, mainly due to falls.

### ● SPINE fracture

A condition in which the spine is crushed due to some kind of impact. It can cause sudden severe pain, sudden deformity of the back, loss of height, and hunched back.

### ● HIP fracture

The frequency of onset increases from the age of 60 and more rapidly after the age of 70. Many people fall from standing heights, so it is important to practice balance exercises daily.

## PREVENTION

Calcium intake is important, but Vitamin D3, which helps absorb Calcium, Vitamin K2 that helps in bone formation as well as other minerals and Collagen are very important!

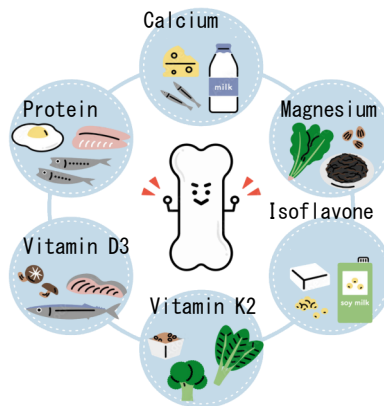
### ■ Calcium and Vitamin D3

Taking calcium and vitamin D3 at the same time greatly improves the absorption rate of calcium. Vitamin D3 is an important nutrient for maintaining bone mass.

It can only be supplied to the body through food and sunlight. Although it is present in large amounts in foods such as fish, it is a nutrient that tends to be deficient. It would be a good idea to get sunlight for about 30 minutes every day or use supplements.

### ■ Exercise

When you exercise, such as walking or lifting weights, a small amount of electrical current flows through your bones, increasing their strength and keeping them strong. Also, when you continue to exercise, blood flow improves and the cells that make bones become more active. However, it is important to do exercise that suits you and not to overdo it.



## Osteoporosis in Women



Women are said to be more susceptible to osteoporosis because they have less bone mass and because they use up a lot of calcium during pregnancy and breastfeeding. Also because estrogen levels drop rapidly with menopause, bone density decreases rapidly. It is said that approximately 80% of osteoporosis patients are women.

### [Estrogen function]

Estrogen not only helps bone metabolism, but also produces collagen, which keeps skin firm. Therefore, if enough estrogen is secreted, not only will bone density be high, but the skin will also be firm and youthful-looking. Hormone replacement therapy for menopausal symptoms is effective in balancing hormones and preventing and treating osteoporosis, but those who are concerned about the adverse effects of drugs may want to try the hormones found in pomegranates and soybeans, which have a similar effect as estrogen. Supplements containing isoflavones and royal jelly support strong bones and youthfulness!

## Magnus Supplements:

### ● FEMISE

\$80 S.R.P/120 caps  
\$40 S.R.P/80 caps

Contains natural botanical ingredients such as pomegranate, isoflavones, black cohosh, evening primrose, and maca. Balances female hormones.



### ● CALTOP D

Contains a well-balanced combination of Calcium, vitamin D and minerals. Since it is a small grain, it can be easily ingested.

\$50 S.R.P/1300 tablets

