

CONCLUSION

When it comes to keeping ourselves healthy, we don't necessarily think about our bones. There's a great window of opportunity to maintain bone strength through having a calcium rich diet and doing regular weight bearing exercise. The Osteocare Plus meal plans and exercise regimes have been designed to show you how easy it is to incorporate calcium rich recipes and weight bearing exercise into your daily regime.

Ensuring an adequate intake of calcium is vital for men and women of all ages, as evidence suggests that healthy practices early in life, including the adequate consumption of calcium and trace elements, contribute to greater bone strength and optimal bone mineralisation. Peak bone mass, obtained during childhood and adolescent growth is known to be of major importance in maintaining the strength and integrity of bones later in life.

To ensure you get the recommended daily allowance of calcium, you may want to supplement your diet with Vitabiotics Osteocare Plus. Osteocare Plus is designed for those who are looking for the ultimate in nutritional support for healthy bones. It combines the original Osteocare tablet formula with soy isoflavones and Omega-3 capsules. Osteocare Plus provides advanced support to help keep bones strong and healthy and is the most comprehensive bone health formula available, designed to give even greater, premium level support.



We wish you the best of luck with taking part in the Vitabiotics Osteocare Plus Bone Challenge.

SOURCES OF INFORMATION/LINKS

Vitabiotics

Vitabiotics has been manufacturing vitamins and supplements for over 35 years and is the UK's largest supplier of health care products. Designed to support the human body in its own natural processes, Vitabiotics has created a unique portfolio of products at the forefront of scientific developments in key sectors including nutrition and women's health.

www.vitabiotics.com

National Osteoporosis Society (NOS)

The NOS is the only national charity dedicated to improving the prevention, diagnosis and treatment of osteoporosis.

www.nos.org.uk

British Nutrition Foundation

The British Nutrition Foundation is a scientific and educational charity which promotes the wellbeing of society through the impartial interpretation and effective dissemination of evidence-based nutritional knowledge and advice.

www.nutrition.org.uk

Department of Health

The aim of the Department of Health (DH) is to improve the health and wellbeing of people in England.

www.doh.gov.uk

British Medical Journal

This site contains the full text of all articles published in the weekly BMJ since January 1994.

www.bmj.com

