

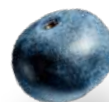
BONE FORTIFY



True strength comes from within.

UNICITY

POWER FOR HEALTHY BONES



Stay active!

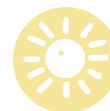
Unicity Bone Fortify provides a balanced mix of calcium, magnesium, vitamin D and other important nutrients that help maintain healthy bones. And it tastes simply delicious!



**Calcium is needed
for the maintenance
of normal bones**



**Magnesium and vitamin K
contribute to the maintenance
of normal bones**



**Vitamin D supports
calcium absorption**



STRONG AND RESILIENT WITH CALCIUM

Calcium is crucial for metabolic health! Most calcium in the body is found in bones and teeth. But this important mineral is fundamental to the function of every cell in the body, has a role in nerve cell signalling and much more. If there is not enough calcium in the bloodstream, it is broken down from the bones, which lose strength as a result. That is why a sufficient supply of calcium to the bones is a prerequisite for long-term bone health.

However, the combination of calcium with other nutrients is key: Magnesium, vitamin D and vitamin K ensure that calcium can be absorbed by the body and contribute to the maintenance of healthy bones. In addition, calcium and magnesium are interdependent in many important metabolic processes. That is why it makes sense to take both minerals at the same time.

HEALTHY LIFE STRONG BONES



Staying active and eating a balanced, varied diet are the secret to long-term bone health! Some foods are particularly beneficial for healthy bones:

- ▶ **Dairy products contain calcium with particularly high bioavailability.**
You can also buy plant based milk enriched with calcium.
- ▶ **Many green vegetables are very rich in calcium, for example broccoli, kale or fennel.**
- ▶ **Don't forget proteins: They are the building blocks of our cells, including our bones!**
How about one of the delicious Unicity protein shakes LC Base or Complete?

RECOMMENDED USE

Dissolve 1 measuring spoon daily in 250 ml cold water. For best results take in the afternoon.

GET OUT AND MOVE!

Exercise outside is good for body and soul - and especially for your bones! With the help of sunlight, our skin cells produce the important vitamin D needed for calcium absorption. A good exercise regime also ensure that your bones remain strong and healthy in the long term.

- ▶ **Moderate strength training is the best way to build bone density in the long term.**
- ▶ **Endurance sports such as walking or jogging also put a certain strain on the bones and thus also contribute to bone density. Take care of your joints!**
- ▶ **Don't give up: sport and exercise should be as much a part of everyday life as personal hygiene. This will keep you fit in the long term!**