BONE HEALTH BASICS:

Some people think of bones as hard and lifeless, but they are actually living, growing tissue. Here are the bone health basics and simple tips for better bone health:¹

- Bones are made of collagen, a protein that gives bones a flexible framework.
- Calcium-phosphate mineral complexes that make bones hard and strong are living bone cells that remove and replace weakened sections of bone.
- Eat a well-balanced diet of fruits and vegetables, and focus on sources of magnesium and potassium.
- Engage in regular, weight bearing exercise.
- Avoid smoking and limit alcohol to 2-3 drinks per day.

PRUNES CAN HELP BUILD STRONGER BONES:

Research shows that eating 10-12 prunes per day helped rebuild bone mineral density,² and eating 5-6 prunes per day helped maintain bone density.³

WHY PRUNES?

Potassium, magnesium and vitamin K are vitamins and minerals that play a key role in bone health. And they’re all found in prunes!

**Potassium**

May help to increase bone mineral density and decrease bone breakdown, which can lead to better bone health.

**Magnesium**

Important for bone structure: 50-60% of the magnesium in the body is actually found in our bones.

**Vitamin K**

Plays an important role in bone mineralization.

REFERENCES: