

Savi Ostage

Supports bone health



Calcium

Help form and maintain strong bones . It assists to maintain good bone mass density

Vitamin D

Maintain good absorption of calcium and play role in the proper functioning of nerves, muscles and immune function

Magnesium

Help muscle, immune and nerve function
It produce and transport energy from carbohydrates, fats and proteins
It relays signals between brain and body

Copper

Play role in making red blood cells, maintaining nerve cells and immune system, forming collagen, absorbing iron and producing energy

Zinc

Play key role in immune function, cell growth and skin health
It acts as antioxidant and promote wound healing





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Osteoporosis

- “ IT is a global disease that doesnot distinguish between child or adult ,male or female.
- “ One out of three women and one out of five men suffer from osteoporosis after the age of 50 years old .
- “ Simply, osteoporosis is when the bones become weak , thin and fragile .
- “ The complications from osteoprosis can lead to fractures that cannot be cured.
- “ People who are at high risk of osteoporosis for example : pregnant woman , obese , smokers , people drinking too much caffeine
- “ Osteoporosis is detected by DEXA , calcium and vitamin D laboratory tests.
- “ Osteoporosis can be treated in the early stages by taking supplements contain proper percentages of Calcium , Vitamin D , Magnesium , Copper , Zinc .



Life Without Pain