





PROBLEM AREA

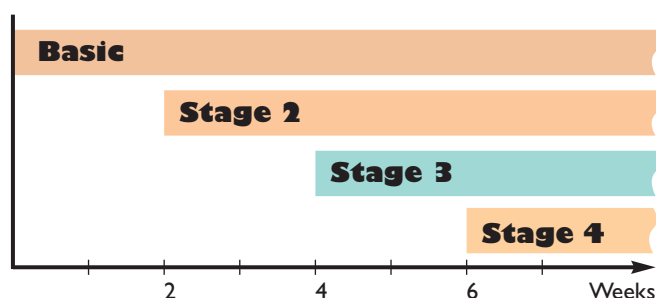
Bones and Hard Connective Tissue

Collagen fibres form the basic structure of the connective tissue, which includes cartilage and bone. The strength of bones and teeth comes from the deposition of minerals and trace elements between the connective tissue structures.

This is particularly important for women in the second half of their lives, after physical and hormonal changes have led to an increased requirement for minerals such as calcium and magnesium which are needed to maintain the function of bones, muscles, nerves and other bodily organs.

RECOMMENDED ACTION (STAGES)	MAIN CONSTITUENTS OF THE SYNERGY TEAM	ADVANTAGES OF OPTIMUM CELL NUTRITION
 Basic programme	Cellular nutrient synergy of over 30 vitamins, minerals, amino acids and trace elements	<ul style="list-style-type: none"> ● Optimises the body's overall metabolism
 STAGE 2 Building up and maintaining bone stability	Vitamin C, vitamin D3, folic acid, calcium, magnesium, boron, manganese	<ul style="list-style-type: none"> ● Supports the bone metabolism ● Builds up and maintains hard connective tissue
 STAGE 3 Building up and stabilising the connective tissue	Vitamin C, proline, lysine, N-acetyl glucosamine, chondroitin sulphate, copper	<ul style="list-style-type: none"> ● Protects and strengthens the connective tissue ● Binding agents for the connective tissue
 STAGE 4 Additional strengthening of the connective tissue	Vitamin C, proline, lysine	<ul style="list-style-type: none"> ● Promotes collagen production

RECOMMENDED CELLULAR NUTRIENT INTAKE:



Begin by taking the basic nutrient programme every day at mealtimes. Then supplement these cellular nutrients after 2 weeks with special nutrients to build up and maintain bone stability (stage 2). Either simultaneously or after 2 further weeks, supplement this with stage 3 to build up and stabilise the connective tissue and also optionally stage 4 to further strengthen the connective tissue.