





PROBLEM AREA

Bones and Hard Connective Tissue

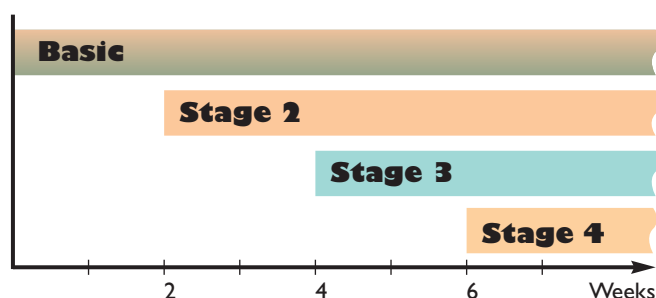
Collagen fibres form the basic structure of the connective tissue, which includes cartilage and bone. The strength of bones and teeth comes from the deposition of minerals and trace elements between the connective tissue structures.

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, extended by biologically active plant substances (phytobiologicals). | <ul style="list-style-type: none"> Covers the body's basic needs for cellular nutrients as comprehensive as possible, thereby optimising its 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.