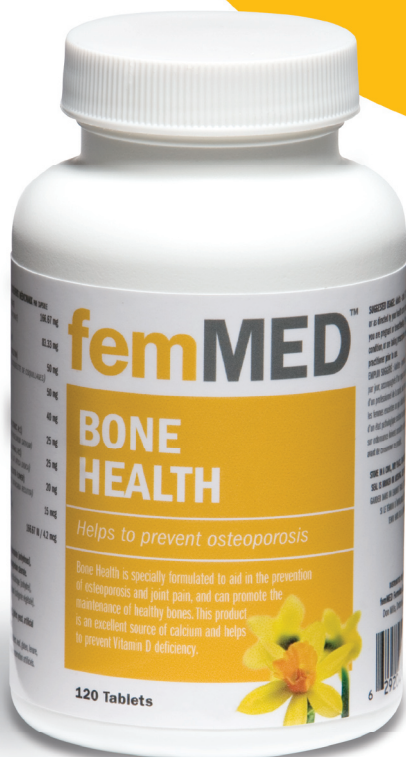


Stand up to
osteoporosis with
more than
just calcium.



“femMED has created a superior formula unmatched by the leading national brands. It combines the highly absorbable calcium citrate, plus a comprehensive blend of the highest quality ingredients to uniquely address the three key issues of optimal bone health — reducing the risk of osteoporosis, building and maintaining bone density and promoting healthy joint cartilage. femMED combines 10 proven ingredients — because healthy bones need more than just calcium alone.”

— Shawna Page, CEO

Available exclusively at:



femMED[™]
Women's wisdom. Doctor recommended.



WomanWISE

femMED CEO Shawna Page answers a frequently asked question about Bone Health

I'm in my early 40's and in good health. How critical is it for me to take preventative measures to reduce the risk of osteoporosis?

The statistics are staggering: In women over 45 years of age, osteoporosis accounts for more days spent in hospital than many other diseases, including diabetes, myocardial infarction and breast cancer. One Canadian suffers an osteoporosis-related hip fracture every 18 minutes, and by 2030, the number of hip fractures is expected to quadruple! So taking charge of your health in every way that you can is a positive approach worth undertaking. In addition to adequate Calcium and Vitamin D intake, bones require physical activity to stay strong and healthy. An active lifestyle plays an integral role in both preventing and treating osteoporosis. Attaining a high peak bone mass during the early years provides a good foundation for skeletal health in later life. Impact exercises such as walking, jogging and dancing help to build a strong skeleton. Weight-bearing exercises and muscle strengthening (resistance) exercise have a beneficial effect as well. Also, ensure you get enough protein, avoid excess caffeine, alcohol and salt, and increase fruit and vegetable intake which have been shown to reduce bone loss.

femMED's line of 100 percent natural doctor formulated solutions are exclusively designed to address the health needs of women at every stage of life. This information is not meant to replace the advice given to you by your physician but rather to empower you to take responsibility for your own health.

Have a question for our team of specialists? Send them to: womenswisdom@femmed.com

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