

*Osteoporosis (Bone Loss)
Affects More than 25 Million
Americans.*

*Osteoporosis is the 12th
Leading Cause of Death in
the United States.*

*Most Americans Do Not Get
the Nutrients They Need to
Prevent Osteoporosis.*

*Bone Loss Can Occur
Swiftly and Deteriorate as
Much As 40% of Peak Bone
Mass Before Being Detected.*

*In a Week, the Average
Physician Sees 11 Patients
with Osteoporosis, but only
diagnoses 1 with the disease.*



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**Who is at risk for
Osteoporosis?**



**Are
YOU?**



It's not only about getting enough Calcium.

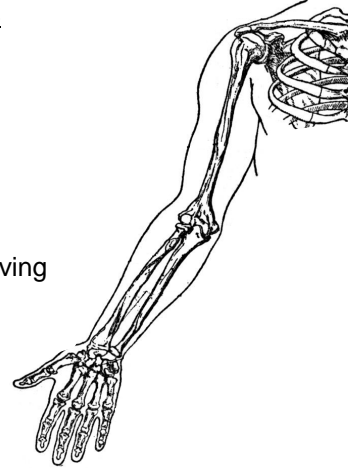
Did you know that a Calcium, Magnesium, or Vitamin D Deficiency Can Contribute to Osteoporosis?

Calcium Deficiency Warning Signs

- Bone pain
- Loss of height
- Brittle/soft fingernails
- Leg/foot cramps
- Low back pain
- Periodontal disease
- Teeth discoloration
- Premature graying of hair
- Loss of Hair
- Anxiety
- Depression

Vitamin D Deficiency Signs

- Acne
- Celiac disease
- Chronic Fatigue
- Low bone density
- Muscle weakness
- Problems with night driving
- Immune system low



Magnesium Deficiency Signs

- Allergies
- Hay Fever
- Asthma
- Diarrhea or Constipation
- Nausea/Dizziness
- Arrhythmias
- Embolism
- Heart Disease
- Fluid retention
- Headaches/Migraines
- Difficulty losing weight

Other major Osteoporosis risk factors include a family history of Osteoporosis, a small, thin frame, women over 40, men over 50, low back pain, repeated antibiotic use, and a sedentary lifestyle.

What Can You Do to Prevent Osteoporosis?

Bone loss prevention can best be approached with a balanced nutritional diet, daily exercise, a healthy lifestyle, avoiding excessive amounts of soft drinks, caffeine, alcohol, and cigarette smoking, and by taking a quality supplement.

Women should begin supplementing their diet in their teenage years to establish strong and healthy bone structure.

Men should consider supplementing their diet when they reach the age of 30 or above.

SignaCAL, from the Life-Span Signature Series of Products, is the ultimate calcium supplement. It contains MCHC, a form of calcium that has been shown to reverse bone loss, both Vitamin D and Magnesium, as well as other essential minerals that help support strong bones.

*Ask Your
Life-Span Pharmacist
about SignaCAL
today!*

