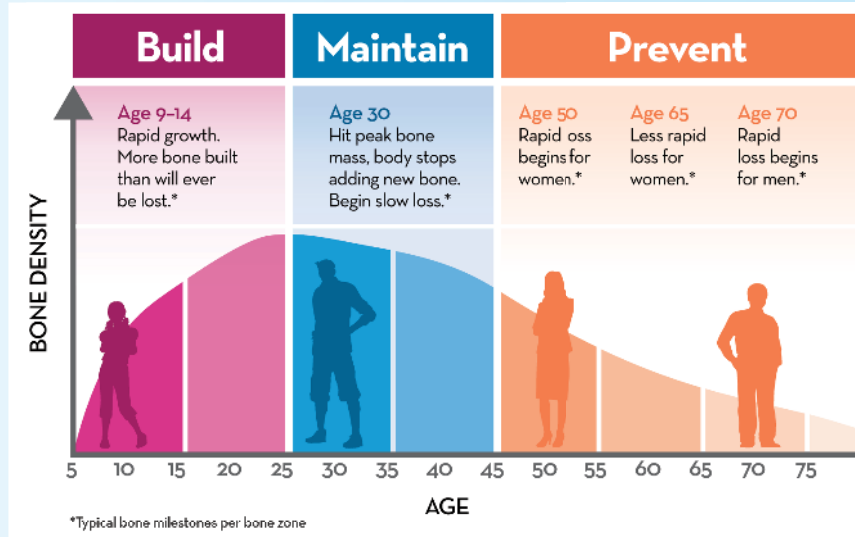# PHARMTECH (Caribbean) Limited

The Pharmily

01

BEYOND THE BARE BONES

Healthy bones are the foundation of our bodies, and strong muscles are their best support. In this issue, we dive into the essential role of bone and muscle health, sharing practical tips and strategies to keep them, and you strong and resilient at every age.

BONE HEALTH THROUGH THE AGES

Build

Age 9–14
Rapid growth. More bone built than will ever be lost.*

Maintain

Age 30
Hit peak bone mass, body stops adding new bone. Begin slow loss.*

Prevent

Age 50
Rapid oss begins for women.*

Age 65
Less rapid loss for women.*

Age 70
Rapid loss begins for men.*

BONE DENSITY

AGE: 5 10 15 20 25 30 35 40 45 50 55 60 65 70 75

*Typical bone milestones per bone zone

During childhood and adolescence, our skeleton is like a bustling construction site, rapidly absorbing calcium and other minerals to reach peak bone mass in our late twenties - like a savings account for a strong future. In our thirties and beyond, bone remodelling slows, and our bones may lose more calcium than they gain, increasing the risk of bone density loss and fractures.

For pregnant women, calcium needs are even higher. Adequate calcium, along with magnesium and vitamin D, is crucial for the baby's bone development and the mother's bone health.

A calcium-rich diet and good nutrition are therefore essential at every stage of life, especially during growth, pregnancy, and later years.

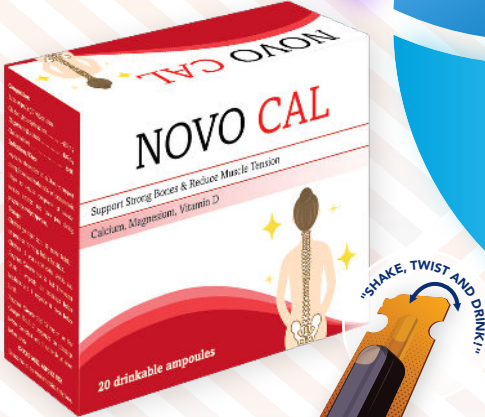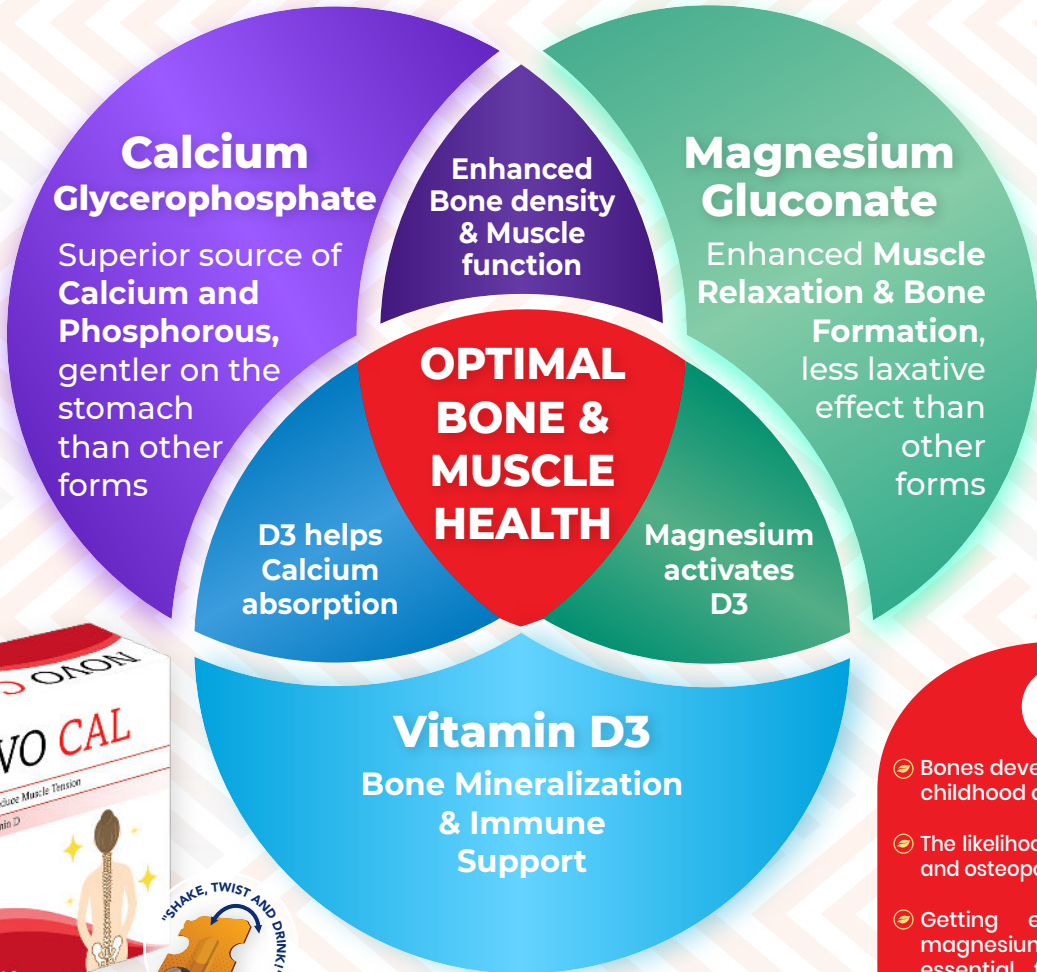## THE SPOTLIGHT'S ON:

MUSCLE TENSION

Muscle tension can impact overall musculoskeletal health leading to discomfort and reduced mobility.

Incorporate simple stretches like the ones below into your daily routine to alleviate tension and promote flexibility.

DOWNWARD DOG

STANDING CALF STRETCH

EASE INTO EVERY STRETCH UNTIL YOU KNOW YOUR INDIVIDUAL TOLERANCE.

CHILD'S POSE

CAT STRETCH

IF YOU HAVE ANY HEALTH ISSUES, TALK WITH YOUR DOCTOR BEFORE BEGINNING A STRETCHING REGIMEN.

FLOOR HAMSTRING WITH STRAP

THESE ARE GREAT STRETCHES TO START A REGULAR ROUTINE THAT WILL HAVE A POSITIVE IMPACT ON YOUR FITNESS & FLEXIBILITY.

STRONG BONES THROUGHOUT ALL LIFE'S STAGES

NOVO CAL

Calcium Glycerophosphate
Superior source of **Calcium and Phosphorous,** gentler on the stomach than other forms

Enhanced Bone density & Muscle function

Magnesium Gluconate
Enhanced **Muscle Relaxation & Bone Formation,** less laxative effect than other forms

OPTIMAL BONE & MUSCLE HEALTH

D3 helps Calcium absorption

Magnesium activates D3

Vitamin D3
Bone Mineralization & Immune Support

NOVO CAL
NOVO CAL
Support Strong Bones & Reduce Muscle Tension
Calcium, Magnesium, Vitamin D
"SHAKE, TWIST AND DRINK!"
20 drinkable ampoules

- Bones develop quickly during childhood and adolescence
- The likelihood of weaker bones and osteoporosis rises with age
- Getting enough calcium, magnesium, and vitamin D is essential for building and maintaining strong bones

DID YOU KNOW?
INTERESTING FACT

APPROXIMATELY EVERY DECADE, YOU ESSENTIALLY HAVE A COMPLETELY NEW SKELETON!

This is due to the continuous cycle of bone breakdown and formation known as bone remodelling. This dynamic process ensures your bones remain strong and functional. Remodelling not only repairs micro-damage that occurs from daily activities but also allows your bones to adapt to new stresses and strains.