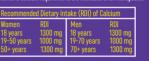


The Importance of Calcium • Calcium is an essential mineral for developing and maintaining strong and healthy bones. • Calcium cannot be produced by the body so it must come from our diet. • Less than half of Australian adults get their daily recommended intake of calcium. • Women's calcium requirements are increased after menopause.



The Importance of Vitamin D • Vitamin D helps optimise the absorption of calcium, helping to build and maintain healthy bones.



The Importance of Collagen Your bones consist of approximately 2/3 calcium satt<sup>4</sup> and 1/3 collagen. Collagen is the essential framework for bone mineralisation. Collagen provides resilience and flexibility that helps keep bones from being brittle. Cattrate BONE & MUSCLE contains Calcium and Vitamin Ds to help optimise calcium absorption. Pusi contains additional minerals that are important for collagen formation to support bone strength and flexibility.





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