

# Osteoporosis hits even the young Pakistani women



**REBONE™**

*Calcium, Magnesium, Vitamin D & Zinc*



### Osteoporosis hits even the young Pakistani women

The prevalence of osteoporosis and osteopenia is high, especially among young Pakistani women, and is associated with modifiable risk factors.

*Fatima M, Nawaz H, Kassi M, Rehman R, Kasi PM, Kassi M, Afghan AK, Baloch SN. Obs & Gyn Deptt BMC Quetta*

### Osteoporosis-A major threat to the Pakistani nation

An estimate based on an ultrasound study of 171 788 subjects across Pakistan, puts the number of people with osteopenia at 40 million (almost equal numbers of men and women), with almost 10 million having osteoporosis. In another, smaller study, again using ultrasound on women aged 45-70 years the prevalence of osteoporosis and osteopenia was found to be 16 and 34% respectively. Sultan A, Khan D A, Mushtaq M, Hassan MU. Frequency of osteoporosis and its associated risk factors in postmenopausal women in clinical practice at Rawalpindi.

*Pak J Pathol. 2006;17:115-118*

# REBONE™

Calcium, Magnesium, Vitamin D & Zinc

Supplement Facts

**Serving size: One Soft capsule**

Liquid Calcium Carbonate.....750mg

Magnesium.....150mg

Vitamin D.....100IU

Zinc.....10mg



### REBONE-A world of benefits

- Formation of healthy bones and teeth
- Protects from osteoporosis & osteopenia
- Maintains a regular heartbeat.
- Stabilizes systemic PH
- Proper transmission of nerve impulses
- Maintains muscular contraction and relaxation
- Guards against cardiovascular disease
- Required for protein synthesis and collagen formation
- Aids in maintaining blood sugar levels, digesting food, resisting viral infections
- Helps wounds to heal properly
- Nurses overall good health

#### Recommended Intake:

Adults & adolescents should take 1-2 soft capsules daily with a meal.