

# Women's Health

## The Truth About Bone Health

(NAPSA)—What some are calling a breakthrough “natural product” could help women in their dietary management of osteopenia—a common condition in which bone mass is lower than normal but not low enough to be classified as osteoporosis.

“These products are available by prescription and contain food-



**A “natural breakthrough product” could help improve women’s bone health.**

based ingredients in quantities unattainable in ordinary diets,” says Dr. John Edwards, M.D., medical director for Fosteum, an all-natural product proven to build bone mass when calcium and vitamin D are not enough. About 34 million Americans over age 50 are affected by osteopenia.

Each Fosteum capsule contains genistein aglycone, derived from soy, as well as citrated zinc bisglycinate and vitamin D. Dr. Edwards says a daily dose of two capsules—shown to build bone in clinical studies—provides the same amount of soy derivative contained in approximately 11 pounds of tofu or 2 gallons of soy milk.

Together, the ingredients in Fosteum have been shown in clinical studies to actually slow the process of bone breakdown and, unlike other products, enhance bone building at the same time. That’s especially important for many women age 45 to 65 who are at risk for further bone loss.

For more information, visit [www.fosteum.com](http://www.fosteum.com).