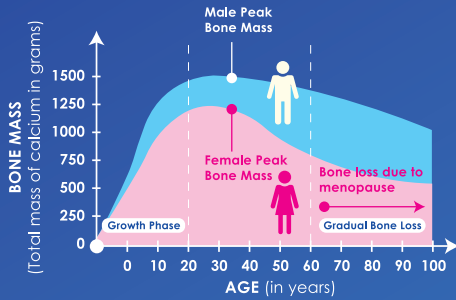


Bone

Is a Living Tissue That Changes Overtime



Childhood & Adolescence (Growth Phase)

Bone mass and calcium increases rapidly until reaching a peak bone mass at around 30 years of age.

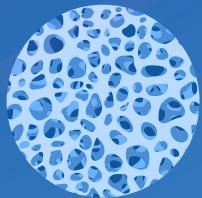
Peak Bone Mass

Bone mass remained a plateau and maintained by bone remodeling.

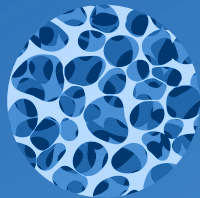
Adulthood & Elderly (Gradual Bone Loss)

By reaching age of 40, we slowly begin to lose bone mass. Women will have greater bone mass loss due to menopause⁵.

Healthy Bones Are Essential at Any Age, Any Stage



Healthy Bone



Osteoporosis

As we aged, the bone remodeling process can shift out of balance. The **removal of old bone exceeds the rate of new bone formation**, causing you to **lose bone mass and strength**⁶.

Hence, **reaching a higher peak bone mass at a younger age is crucial** because it can reduce the risk of developing osteoporosis and bone fractures later in life.

Create A Robust Foundation for Your Bones

Unique combination of Calcium + D3 + K2

Natural algae calcium from Aquamin®

Fortified with B-vitamins for energy production

Convenient once per day serving



1 serving of Caltivate provides

500mg of Calcium

400IU of Vitamin D

46mcg of Vitamin K2

Serving Suggestion

Take 1 sachet daily. Mix with 150ml of water and stir well before consuming.

References:

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A Product Of

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DISCLAIMER: The information is presented for educational purposes only. It is not intended as a substitution for the treatment, cure, diagnosis or mitigation of a disease or condition. People with specific conditions/known medical conditions/ under specific medications, should consult medical professionals before taking any food supplement.

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Caltivate

The Perfect Needs To Cultivate Your Bone



Passion Fruit Juice Powder with Calcium, Vitamin K2 & Vitamin D3



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is a registered trademark of Lesaffre et Compagnie, S.A., France.



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For Medical Professional Purpose Only

1 Build Strong & Healthy Bones

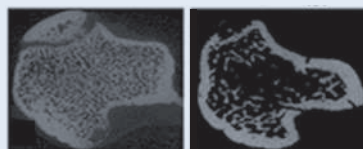
Aquamin®

A **unique marine multimineral complex**, providing a **highly bioactive source of calcium** derived from the red calcareous marine algae species – Lithothamnion from North Atlantic Seabed.

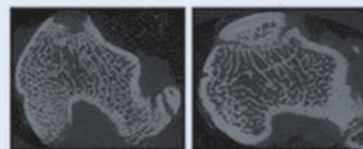
Calcium is an important nutrient for **building and maintaining the density and strength of bones**. Bone cells use calcium to deposit a mineralised matrix into bone tissue, making it **stronger and harder**.



Greater Efficiency in Preventing Bone Loss



Control OVX + Calcium Carbonate



OVX + Aquamin® OVX + Aquamin® Delay

3D Micro CT Reconstructions of Trabecular Bone

Aquamin® is clinically proven to have¹:

Significant Preservation

of bone structure and bone mineral content as compared to calcium carbonate

More Successful

in impeding the deterioration of bone that is most likely brought on by osteoporosis

2 Improve Absorption & Utilisation

Vitamin D3

One of the **main forms of vitamin D** also known as cholecalciferol that is crucial for **maintaining bone mass and strength**.

Vitamin D3 **improves calcium absorption** in the gut and **maintains adequate serum calcium and phosphate** for bone mineralisation².



MenaQ7 Vitamin K2



The most bioavailable and major form of vitamin K - **menaquinone** which plays an important role in **controlling bone metabolism**.

Vitamin K2 is needed to **activate osteocalcin**, a protein that **transports calcium from blood circulation into bone tissue**, leading to better and stronger bone development.

Magnesium

The **second most abundant intracellular cation** found in the human body where **60%** of magnesium is found in the bones.

Magnesium is essential in **promoting the absorption and retention of calcium**, thereby **increasing bone density** and helping **prevent the onset of osteoporosis**³.



3 Support Cardiovascular Health

Vitamin K2



Atherosclerosis refers to narrowing of blood arteries when plaque builds up on the artery wall with **calcium deposited**.

Activated by vitamin K2, **Matrix Gla Protein (MGP)** can effectively **prevent the accumulation of calcium in arteries and other soft tissues**, thereby averting the hardening and narrowing of arteries.



4 Increase Energy Production

Vitamin B Complex



Lynside® Forte Bus is a **nutritional yeast fortified with 8 types of bioavailable and essential B vitamins**.

B-vitamins are enzyme helpers that **support and facilitate the conversion of food into energy**, supplying potential energy for **muscle contraction and cellular functions**⁴.



A **deficiency of B-vitamins** can lead to **chronic fatigue, tiredness and weakness**.