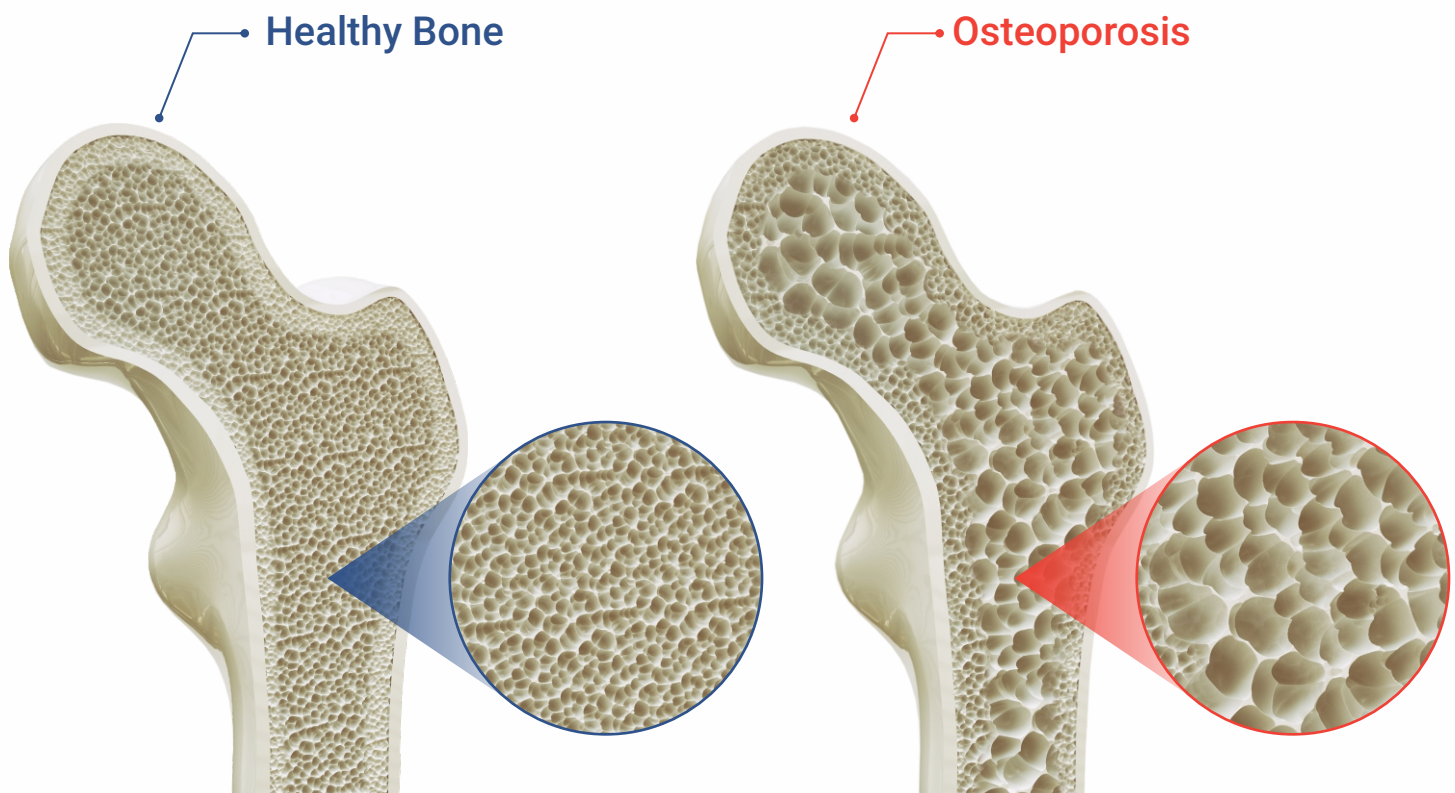


Don't Let **OSTEO** **POROSIS** Break You

What is Osteoporosis?

The bone is constantly being broken down and replaced. When bone loss is greater than new bone formation, the natural small pores in the bone grow bigger, causing osteoporosis, making the bones thinner, weaker, and more prone to fractures. Osteoporosis is often undetected until a painful fracture happens. Common fracture sites include the spine, wrist, hip, and arm.



Normal bone structure
(compact bone)

Osteoporosis bone structure
(spongy bone)

Osteoporosis Risk Check

Find out whether any of these common risk factors for osteoporosis and fractures could apply to you.



Older than 60?



Broken a bone
after age 50?



Getting
shorter?



Parental
history?



Frequent
falls?



Glucocorticoid
treatment?



Rheumatoid
arthritis?



Diabetes?



Hyperthyroid or
hyperparathyroid?



Digestive
diseases?



Breast or prostate
cancer therapy?



Low testosterone
levels?



Early menopause,
periods stopped?



Ovaries
removed?



Underweight?



Getting enough
sunlight?



Little physical
activity?



Avoiding dairy
foods?



Too much
alcohol intake?



Smoker?

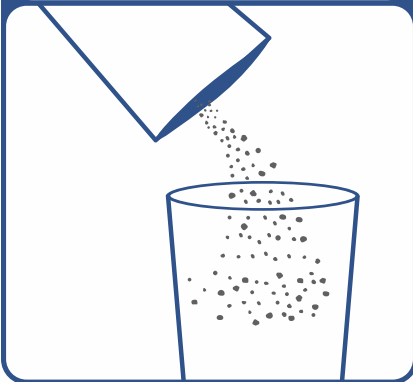
What is CoreDense®?

CoreDense® contains Specific collagen peptides or Bioactive collagen peptides, which are different specific peptides optimized for specific physiological benefits. The peptides are derived from a highly controlled production process of collagen, which is determined by hydrolyzation conditions.

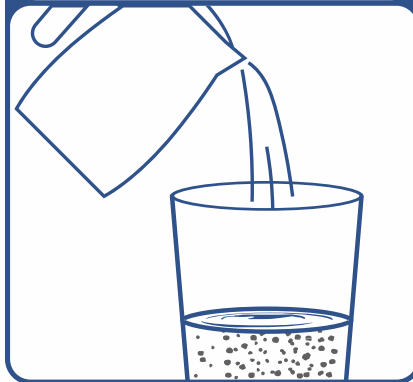
Various medications can reduce bone loss and prevent fractures in osteoporosis. Unlike other therapies, Specific Collagen Peptides provide a safe and effective management option by decreasing both bone breakdown and promoting new bone formation.

Directions for Use:

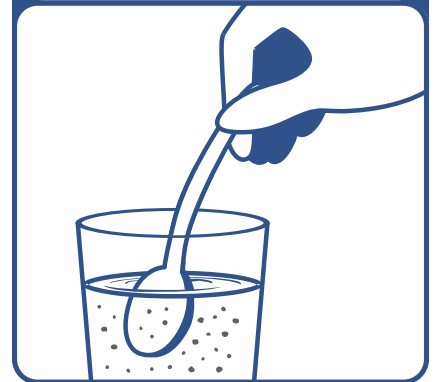
Empty the powder from the sachet into a glass.



Add 100 mL of water into the glass.



Stir well until the powder is evenly dispersed in the water, and drink immediately.



Duration:

One sachet daily or as and when directed by the physician. Taking **CoreDense®** over 3-6 months can help improve your bone health.

Reference: Zdzieblik, Denise et al. "Specific Bioactive Collagen Peptides in Osteopenia and Osteoporosis: Long-Term Observation in Postmenopausal Women." *Journal of bone metabolism* vol. 28,3 (2021): 207-213; Gupta, M. S., et al. "Drug Corner Specific Collagen Peptide—A Missing Piece in the Management of Osteoporosis." *J Indian Med Assoc* 121.11 (2023): 78-81.