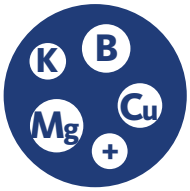
BONE HEALTH AT EVERY AGE

The Benefits of Prunes for Bone Health

PEAK BONE MASS:
The point when bones have reached their maximum strength and density.

	CHILDREN & TEENS	ADULTS	OLDER ADULTS	ELDERLY ADULTS
IMPORTANT LIFE EVENTS	**Growth and Development**	**Pregnancy**	**Menopause**	**Healthy Aging**
BONE HEALTH	*Bone-building years* 90% peak bone mass achieved by age 18-20[1]	*Bone-building years* Peak bone mass complete at age 30[1]	*Initial rapid bone loss* First five years after menopause[2]	*Gradual bone loss* Men & women lose bone at the same rate by age 65-70[3]

BONE HEALTH RESEARCH



- Prunes have **fiber, vitamin K, magnesium, potassium, boron, copper and polyphenols,** which likely work together to help prevent bone loss.[4]

- Multiple studies suggest **prunes may help to prevent bone loss**[4] including **preserving bone hip mineral density, reducing hip fracture risk and reducing inflammatory mediators.**[5] A recent study showed benefits with just 5-6 prunes per day in post menopausal women.[6]

- A yearlong study saw an **increase in bone mineral density** of certain regions of the body in men who ate 10-11 prunes per day.[7] New research is showing similar bone-protective effects in terms of slowing bone breakdown in men who ate 10 prunes daily for six months.[8]

THE POWER OF PRUNES...

Prunes are an all-natural source of fiber, with 3g of fiber per serving (4-5 prunes) and only 100 calories

Prunes are a sweet snack with no added sugar. A serving of prunes counts toward your daily fruit goal.

Prunes have a low glycemic index.[9]

For more information, visit:
www.sunsweet.com

SUNSWEET

Amazin™ Prunes

1 https://www.bones.nih.gov/health-info/bone/osteoporosis/bone-mass
2 https://www.panoramaortho.com/wp-content/uploads/2017/05/Peak-Bone-Mass.pdf
3 https://www.bones.nih.gov/health-info/bone/osteoporosis/men
4 Arjmandi B, Johnson S, Pourafshar S, Navaei N, ,George K, Hooshmand S, Chai S, Akhavan N (2017) Bone-Protective Effects of Dried Plum in Post-menopausal Women: Efficacy and Possible Mechanisms. *Nutrients.* 9; 496. DOI: 10.3390/nu9050496; Wallace T (2017) Dried plums, prunes, and bone health: A comprehensive review. *Nutrients.* 9; 401. DOI: 10.3390/nu9040401
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7 Hooshmand S, Chai SC, Saadat RL, Payton ME, Brummel-Smith K, Arjmandi BH. Comparative effects of dried plum and dried apple on bone in postmenopausal women. *Br J Nutr.* 2011 Sep;106(6):923-30. doi: 10.1017/S000711451100119X. Epub 2011 May 31. PMID: 21736808.
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