



Nutriden Inc. Releases Information on Signs of Early Bone Loss

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Nutriden Inc, the Calgary, Canada based nutritional supplements company has released information on the different signs of early bone loss as a part of its osteoporosis prevention campaign.

Maintaining a healthy diet and exercise plan is a great way of building bone health during one's adolescence. According to Tom Schumlich, CEO at Nutriden Inc., "It is important to build bone strength during one's youth as a failure to do so can lead to osteoporosis in the future."

If a person is inactive, does not have the essential nutrients like vitamin D and calcium in their diet or smokes during their adolescence their bone strength starts to deteriorate at an early age. This is especially true if the person is genetically predisposed towards developing osteoporosis.

Height loss is a sign of early bone loss. While this is a sign of aging, it can also be a sign of the muscles around one's spine getting weaker due to the bones getting weak. Since bones and muscles work in one unit they characteristically gain and lose strength together. This may also indicate a person's susceptibility to vertebral fracture.

Cramps, muscle aches, and bone pain are all signs of bone loss. Leg cramps that occur during the night are often a signal that one's calcium, magnesium, and/or potassium blood levels have dropped too low. If this situation persists over time, bone loss may occur at a massive rate.

A decrease in grip strength is also considered to be a big indicator of early bone loss. Increasing grip strength and muscle strength can help those with thinning bones as these things will protect them from falls that cause fractures, which are common among those who have bone loss and osteoporosis.

Getting enough weight bearing exercise and including vitamin D and calcium in one's diet are all things one can implement to build bone strength and prevent osteoporosis. For more on this disease and the various bone health supplements available in the market, visit Nutriden Inc.'s official website or check out its Amazon storefront.

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Nutriden Inc

Nutriden Inc. is a privately held company committed to providing its customers a brand Nutritional Supplements that is first and foremost safe and of the highest quality, potency, and efficacy.

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