



## Concepts Of Spring Reveals Information On Omega 3's Impact On Osteoporosis

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Concepts of Spring, an Elkhart, Indiana based company, has recently released information for consumers that show how getting enough Omega 3 can have a major impact on the bone disorder known as osteoporosis.

"Osteoporosis is a painful and often irreversible bone disease," states Eva Galvez, spokesperson for Concepts of Spring. "Studies have shown that keeping levels of Omega 3 up in the body can have a positive impact on calcium absorption, which can seriously diminish your risk of developing osteoporosis."

It has been found that fatty acids increase the levels of calcium that are absorbed from the digestive system. In addition, they have been observed to help reduce the levels of calcium that are excreted from the body. This helps to slow down the process of bone loss, even in women who have reached menopause. Furthermore, studies have shown that a diet rich in calcium but lacking in adequate levels of fatty acids can actually increase the risk of developing osteoporosis.

Research has shown that fatty acids found in Omega 3 can help to lubricate the joints, and balance

hormones within the body. Increasing Omega 3 intake will also increase bone mineral content, which in turn produces healthier and stronger bones. In 2010, scientists from NASA performed a study which was reported in the Journal of Bone and Mineral Research that revealed that taking adequate amounts of Omega 3 helped the astronauts protect themselves against bone loss while they were in space.

Concepts of Spring provides the Spring Vitality Omega 3 Supplement, and the company has ensured that this contains adequate levels of Omega 3. The supplement is currently sold on the Amazon marketplace.

"It's the best choice on the market for optimum amounts of these essential fatty acids," declares Eva Galvez. "The supplements contain Omega 3 and DHA that can promote stronger bones and boost overall health and wellness."

Those interested in learning more about the Spring Vitality Omega 3 Supplement, or the company in general, can visit their official website. The company states that they will continue offering updated information regarding fatty acids and general wellness to those who visit and like their official Facebook page as well.

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For more information about Spring Vitality, contact the company here: Spring Vitality Eva Galvez +1(347) 560 8951 service@conceptsofpring.com Concepts of Spring 25883 N Park Ave Ste 3-500877, Elkhart, Indiana, 46514, USA

## Spring Vitality

*Spring Vitality is a brand of quality Dietary Supplements brought to you by Concepts of Spring. Spring Vitality aims to promote family health and boost wellness through expertly formulated supplements that are safe to ingest for the whole family.*

Website: [http://www.conceptsofspring.com](http://www.conceptsofpring.com)

Email: [service@conceptsofspring.com](mailto:service@conceptsofspring.com)

Phone: +1(347) 560 8951

