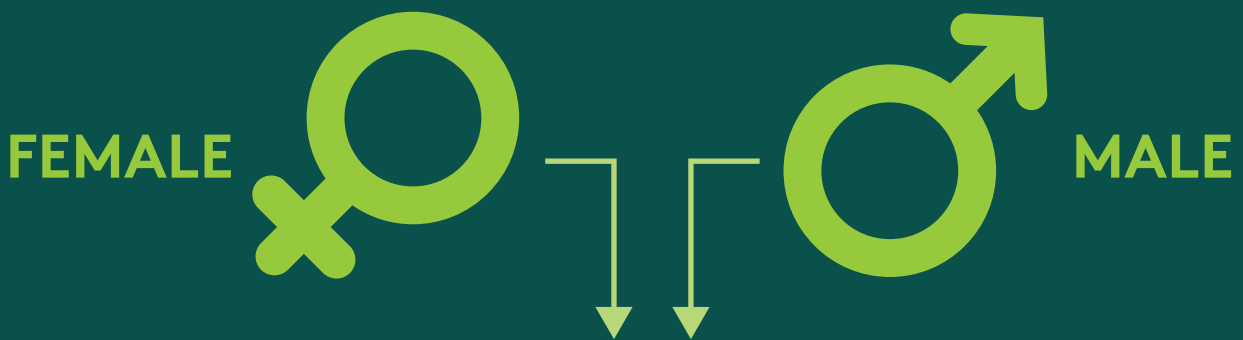




# Key nutrients for bone health and performance



LOW ENERGY AVAILABILITY

DROP IN OESTROGEN

DROP IN TESTOSTERONE

*CHANGE IN REPRODUCTIVE FUNCTION*

*CHANGES IN SEX DRIVE*



OESTROGEN IS NEEDED FOR BONE HEALTH

TESTOSTERONE IS NEEDED FOR MUSCLE BUILDING & BONE DENSITY



IMPACTS BONE HEALTH AND INCREASED INJURY RISK

INCREASE CALCIUM & ENERGY INTAKE

DID YOU KNOW?

Consuming calcium containing foods before or after exercise can help minimise potential calcium loss in sweat

