

OSTEOPOROSIS

F B O N E K O A P Z H G J H U I J
Z M M B O N E M A S S I L T V C W
D D A C G P C O I W O T G U L Y H
B E P G Q B Q L N O R I S O N X K
H Y N O N G C M Y L W X S M T B F
W H F S T E O I W H L S O W A S O
H E S X I A S B T E T A E S L U S
B R I A R T S I R E A L F P K P T
S M D G F L Y S U I N K A G U E E
F I J B H E R T I M T E E E E R O
C N G R T T T Z T U M T G N H F P
A E Y E I Y X Y Q U M R L X S O E
L R U A S R L J H Z X W J E P O N
C A M K S M S I E L I G A R F D I
I L X S U L Y M O A U X S Q Y S A
U S Y R E I O E X E R C I S E S G
M M Y C N E I C I F E D X X O C T

Superfoods	Osteopenia	Deficiency	Potassium	Magnesium
Minerals	Exercise	Bonemass	Healthy	Genetic
Fragile	Density	Calcium	Brittle	Tissue
Weight	Weaken	Safety	Breaks	Pain
Loss	Fall	Bone		