



HEALTHY HABITS

G L O B A L

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ABSORPTION OF NUTRITION CHANGES AS WE AGE

The aging process affects your body's **absorption** of many important nutrients. Your body also excretes, or eliminates, more nutrients. For example, hormonal changes result in more calcium being excreted through the kidneys. **Simply stated, we need to take in more quality nutrients to absorb the needed amounts, or we become deficient in necessary vitamins and/or minerals.**

People need to change what & how they eat every decade after the age of **20**.

We need fewer calories every decade, says Connie Bales, PhD, RD, associate director of the Geriatric Research, Education, and Clinical Center at Durham Virginia VA Medical Center.

"We move around less, we have less muscle, and our metabolic rate goes down."

The challenge while eating less overall is to eat more nutrient rich foods, such as **fruits & vegetables**, whole grains, nuts, beans, fish, natural dairy products & lean cuts of meats.

With increasing age, our body needs the same amount of vitamins & minerals, protein & in many instances, even more nutrients.

As we age our body's ability to absorb vitamins fades because we don't have as much stomach acid, which is needed to break the vitamins & minerals down for absorption from our food sources.

ADDITIONALLY, OUR BODY USES, OR LOSES, ALL OF ITS VITAMINS & MINERALS EVERY 12-16 HOURS! To be healthy, we have to replace them daily, preferably twice daily.

For example, aging skin is less able than younger skin to change sunlight to Vitamin D. That, in turn, negatively affects the body's ability to absorb calcium.

When we take standard supplements, our body does not absorb enough of the important nutrients necessary to promote & maintain health.

HHG successfully addresses proper absorption of vital vitamins & minerals by including in their PURE FIT formulas proprietary "delivery" ingredients. These "delivery" ingredients help deliver the critical vitamins & minerals across cell membranes into the nucleus of the cell for proper utilization as nutrition.

HHG proprietary "delivery" ingredients increase absorption of important vitamins & minerals in PURE FIT products by 3.4-80 times normal.

For health, use PURE COMPLETE, PURE ESSENTIALS FRUITS & VEGETABLES & PURE LIFE with TAGG COFFEE daily.