



vitafusion™

SUPPORTING YOUR MUSCLES WITH EXERCISE & NUTRITION

Of course exercise is important for muscles, but did you know that nutrition is important, too? Vitamin D and magnesium are two important nutrients that help support your muscles.*

WHY MUSCLES MATTER

You have over 600 muscles in your body! These muscles do so much for you moving, breathing, carrying things, and even digesting your food. You want to take care of your muscles so they can take care of you.

WHAT EXERCISES MAKE MUSCLES STRONGER?

Anything that gets you up and moving benefits your overall health and is pivotal in strengthening muscles. Remember, some activity is better than no activity! Talk with your health care provider before starting any new exercise program, whether to strengthen your muscles or improve your balance.

MUSCLE-STRENGTHENING ACTIVITIES

To build stronger muscles and bones, use weights or resistance bands as muscle-building activities. You can also use your body weight with exercises such as push-ups or sit-ups.

BALANCE-ENHANCING ACTIVITIES

Improving your balance helps with stability and can also keep your muscles healthy and strong. Try balance-enhancing activities like yoga or tai chi.

WHICH NUTRIENTS SUPPORT MUSCLES?

Nutrition is also important to support muscle health.* Two key nutrients are:



VITAMIN D

Vitamin D is an essential vitamin that provides bone and immune support, and helps with calcium absorption.* Vitamin D also supports muscle health through its role in muscle contraction.*

Unlike other vitamins, your body can produce vitamin D from the sun depending on the time of year and where you live. Vitamin D is also found in a few foods, such as egg yolks, cheese, fatty fish, and some mushrooms. Cow's milk and some plant milks are fortified with vitamin D.

Since vitamin D is not always easy to get from food or the sun alone, many people find it convenient to get it from supplements. **vitafusion** offers vitamin D supplements as single nutrient gummies and as part of delicious multivitamins.



MAGNESIUM

Magnesium is a mineral involved in over 300 processes in your body, including supporting nerve, heart, and bone health.* Magnesium is also part of proper muscle function by helping support muscle relaxation.*

Magnesium is found in foods like beans, nuts, seeds, chocolate, and dairy products, and supplements can be a convenient way to help increase your magnesium intake. Every 2-gummy serving of **vitafusion** magnesium contains 165 mg of magnesium in a tasty tropical citrus flavor.

Taking care of your muscles is a great way to invest in yourself and your health. Physical activity and weight-bearing exercise can help improve muscle strength. Ensuring you are consuming a healthy diet, including magnesium and vitamin D also supports muscle health.* For a tasty way to get these essential nutrients, **vitafusion** has you covered!

Brought to you by the **vitafusion**[™] nutrition experts

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**