

**Day of Healthy Nutrition: If you have osteoporosis, consider your magnesium and vitamin D intake!**

On the occasion of the 22nd Day of Healthy Nutrition on March 7 on the subject of osteoporosis, experts from the German Society for Biofactors recommend paying more attention to one's intake of magnesium and vitamin D for the prevention and therapy of osteoporosis.

**Teamwork for healthy bones**

Prof. Dr. med. Klaus Kisters, a specialist in internal medicine from Herne in Germany, emphasises that both magnesium and vitamin D are of key importance for bone health. There is a close interaction between the two biofactors here: Vitamin D promotes the absorption of magnesium in the small intestine, whereby magnesium is required to convert vitamin D into its active form. Deficiencies of both biofactors therefore reinforce each other, explains Kisters, who – together with other scientists – is a member of the German Society for Biofactors. Especially with regard to the significantly increased risk of osteoporosis in women after the menopause, it is therefore important to ensure a sufficient supply of both nutrients and to supplement them if necessary, according to Kisters' recommendation.

**Senior citizens suffer from vitamin D deficiency**

The vitamin D supply is also particularly critical for senior citizens. As we age, the skin's ability to produce vitamin D in the skin under the influence of UV light decreases. The correct vitamin D content can scarcely be covered by diet alone, as only a few foods contain the vitamin in significant quantities. Therefore, according to the German Nutrition Society, there is a greater need for the use of a vitamin D preparation for the age group of 65 and older. Vitamin D also promotes the absorption of calcium – a further important bone building block that is found in milk and dairy products, as well as calcium-rich mineral water.