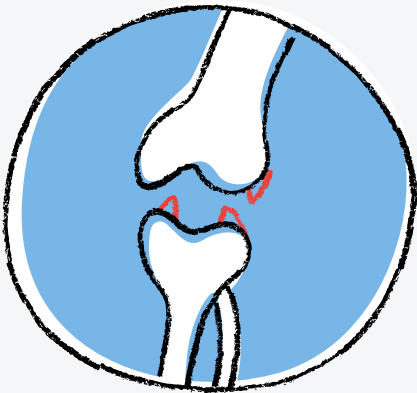


STRENGTHENING OUR BONES

OPTIMAL BONE & JOINT HEALTH FOR KNEE OSTEOARTHRITIS



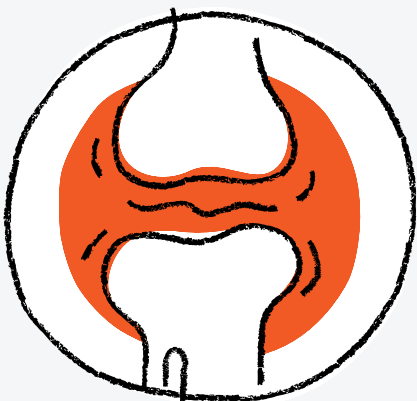
BONE HEALTH

Osteoarthritis of the knee can lead to cartilage degradation and bone stress. Managing inflammation and maintaining bone density are key to mobility.



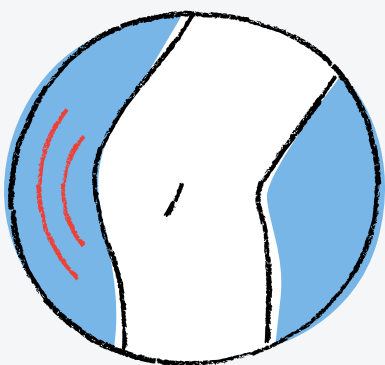
FOOD

A Mediterranean-style diet rich in omega-3s, antioxidants, and low in sugar may reduce symptoms. Think: fatty fish, leafy greens, and berries.



EXERCISE

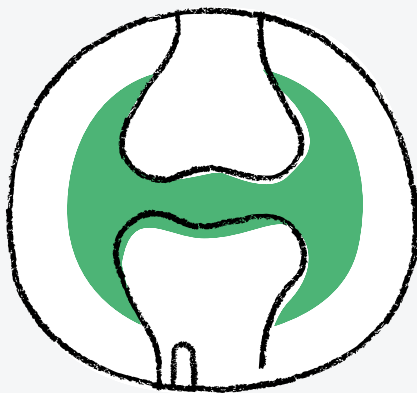
Low-impact exercises like cycling, swimming, and resistance training help strengthen muscles around the knee, reducing joint load and pain.



SUPPLEMENTS

Clinical studies support:

- Glucosamine & Chondroitin for cartilage support
- Curcumin (turmeric) for inflammation
- Collagen Type II for joint structure
- Vitamin D & K2 for bone strength



ACTION PLAN

Consult your physician

- ✓ Begin daily joint-safe movement
- ✓ Track symptoms and progress
- ✓ Try supplements consistently for 6–12 weeks

EXPLORE MORE

Want personalized supplement insights based on science and real user experiences?

👉 Visit [Digdep.com](https://digdep.com) to find what works best for your knees.

