



# BONE & DIGESTIVE HEALTH AT EVERY AGE

## The Benefits of Prunes and Prune Juice for Bone and Digestive Health

### PEAK BONE MASS:

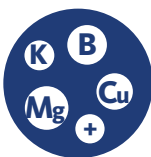
The point when bones have reached their maximum strength and density.



	CHILDREN & TEENS	ADULTS	OLDER ADULTS	ELDERLY ADULTS
IMPORTANT LIFE EVENTS	Growth and Development	Pregnancy	Menopause	Healthy Aging
BONE HEALTH	<i>Bone-building years</i> 90% peak bone mass achieved by age 18-20 <sup>1</sup>	<i>Bone-building years</i> Peak bone mass complete at age 30 <sup>1</sup>	<i>Initial rapid bone loss</i> First five years after menopause <sup>2</sup>	<i>Gradual bone loss</i> Men & women lose bone at the same rate by age 65-70 <sup>3</sup>
DIGESTIVE HEALTH	Up to 30% of children experience constipation <sup>4</sup>	Constipation affects up to 38% of pregnancies <sup>5</sup>	Adults in the U.S. consume only 50% the recommended amount of fiber on average <sup>6</sup>	The digestive system slows down and becomes less efficient, making fiber even more important for healthy aging

### BONE HEALTH<sup>7</sup>

- Prunes contain several bioactive compounds that likely work together to protect the bone, including **fiber, vitamin K, magnesium, potassium, boron, copper and polyphenols**.



- Multiple studies suggest **prunes may help to prevent bone loss**. A recent study showed benefits with just 5-6 prunes per day in post-menopausal women. The results have been replicated in men.

- A yearlong study saw an **increase in bone mineral density** of the ulna and lumbar spine in people who ate 10-11 prunes per day.



### DIGESTIVE HEALTH

Prunes, and prune juice, contain fiber (soluble & insoluble) and naturally-occurring sorbitol, which contribute to digestive health.



- Soluble vs insoluble fiber:** Soluble fiber combines with water in the stomach, which results in a slower digestion time, but aids in the increase of absorbed nutrients whereas Insoluble fiber pulls water into the small intestine, which provides bulk into the stool.
- Sorbitol:** Sugar alcohol that is minimally absorbed and helps draw water into the small intestine.
- Research suggests that prunes are safe, palatable and more effective than psyllium for the treatment of **mild to moderate constipation**<sup>8</sup>.



## THE POWER OF PRUNES...

Fiber plays an important role in the microbiome. Each delicious serving of Sunsweet Amaz!n® Prune Juice is a natural source of 3 grams of fiber.



Prunes are a sweet snack with no added sugar. A serving of prunes counts toward your daily fruit goal of 2 servings.



Compared to other dried fruits, prunes are lower in naturally-occurring sugar and have a low glycemic index.



For more information, visit:  
[www.sunsweet.com](http://www.sunsweet.com)



Amaz!n Prunes

<sup>1</sup> <https://www.bones.nih.gov/health-info/bone/osteoporosis/bone-mass>

<sup>2</sup> <https://www.panoramaortho.com/wp-content/uploads/2017/05/Peak-Bone-Mass.pdf>

<sup>3</sup> <https://www.bones.nih.gov/health-info/bone/osteoporosis/men>

<sup>4</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4574579/>

<sup>5</sup> <https://obgyn.onlinelibrary.wiley.com/doi/pdf/10.1111/tog.12179>

<sup>6</sup> [https://www.ucsfhealth.org/education/increasing\\_fiber\\_intake/](https://www.ucsfhealth.org/education/increasing_fiber_intake/)

<sup>7</sup> Arjmandi, et al. Nutrients. Bone-Protective Effects of Dried Plum in Postmenopausal Women: Efficacy and Possible Mechanisms. 2017, 9, 496; doi:10.3390/nu9050496.

<sup>8</sup> <https://www.ncbi.nlm.nih.gov/pubmed/21323688>