



WOMEN'S BONE HEALTH ACROSS THE LIFESPAN

Prunes can support bone health across the female lifespan. Eating 5-6 prunes each day may help to prevent bone loss.¹



AGE	10	20	30	40	50	60	70+
YEARS BORN		Gen Z (1997 - 2012)	Millennial (1996 - 1981)		Gen X (1965 - 1980)		Baby Boomers+ (1901 - 1964)
MAJOR LIFE EVENTS		Growth and Development	Future Planning		The Phases of Menopause		Healthy Aging
BONE HEALTH CHANGES		Bone-building Years	Bone-building Years		Initial Rapid Bone Loss		Gradual Bone Loss
BONE MASS STATUS		90% peak bone mass* achieved by age 18-20 ²	Peak bone mass complete by age 30 ³		Women can lose up to 20% of their bone density within 5-7 years after menopause ⁴		Bone loss slows, but continues ⁵

*Peak Bone Mass: The point when bones have reached their maximum strength and density.

1. De Souza et al. Am J Clin Nutr. Prunes/consumption for bone mineral density in 10-month randomized controlled trial postmenopausal women: The Prune Study 2022. doi:10.1093/ajcn/100.1

2. <https://www.bone.com/your-health/information/when-to-get-a-bone-density-test>

3. <https://www.bone.com/your-health/information/when-to-get-a-bone-density-test>

4. Osteoporosis: Taking Care of Your Bones (2020). Angen, Inc.

5. <https://www.bone.com/your-health/information/when-to-get-a-bone-density-test>