

Bone Broth Facts

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Rich in minerals: a source of essential minerals like calcium, magnesium, phosphorus and potassium. These minerals are vital for maintain bone health, nerve functions and overall body balance

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Gelatin Content: When simmered, collagen in the bones breaks down to produce gelatine, giving bone broth its characteristic gel-like consistency. Gelatin supports joint health, improves skin elasticity, and aids in digestion

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Amino Acids: Bone broth contains various amino acids, including proline, glycine and glutamine. These amino acids play essential roles in supporting gut health, immune function and tissue repair.

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Collagen Boost: Consuming bone broth can. Help boost collagen production in the body. Collagen is crucial for maintaining skin elasticity, joint flexibility, and promoting health hair and nails.

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Immune Support: the amino acids present in bone broth, especially glycine and arginine, have been shown to support a healthy immune system and may help reduce inflammation

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Hydration: Bone broth is a hydration beverage that can be especially beneficial during periods of illness or after intense physical activity.

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Source of protein: bone broth contains a moderate amount of protein, which is essential for building and repairing tissues, supporting muscle health and various metabolic functions

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Gut health: the gelatine in bone broth can help soothe and protect the lining off the digestive tract, promoting gut health and reducing digestive issues like leaky gut syndrome

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Bone and joint health: the minerals and compounds found in bone broth are beneficial for maintaining strong bones and supporting joint health, making it particularly healthful for those with arthritis or other joint-related conditions

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Electrolyte balance: bone brother can. Serve as a natural source of electrolytes, helping to maintain proper fluid balance and support nerve and muscle function

