

Potassium salts aid bone health and limit osteoporosis risk, new research finds

Written by Business News

Latest research from the University of Surrey has found that the potassium salts (bicarbonate and citrate) plentiful in fruit and vegetables, play an important part in improving bone health. For the first time, the results also showed that these potassium salts reduce bone resorption, the process by which bone is broken down, therefore increasing their strength.

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