

TOP 10

COGNITUNE
SMARTER HEALTH

BONE BROTH BENEFITS

1 DIET & WEIGHT LOSS



Bone broth contains several amino acids that boost nutrient **metabolism** & improve antioxidant efficiency. It can even reduce the appearance of **cellulite**.

2 DIGESTION & LEAKY GUT



Collagen & gelatin are vital proteins found in bone broth required to build & repair the GI tract lining, **heal leaky gut**, & reduce food sensitivities.

3 DETOXIFICATION

Glutathione is one of the most potent detoxifying agents that help **cleanse the liver & digestive system** from overexposure to environmental toxins.



4 HAIR, SKIN, & NAILS

Collagen helps **form connective tissue** enhancing the elasticity, moisture, smoothness, & **youthful appearance** of skin. It also supports healthy hair & nail growth.



5 ARTHRITIS & JOINT PAIN



Bone broth supplies the body with glucosamine, chondroitin sulfate, & gelatin which support **joint flexibility**, connective tissue, & **cartilage restoration**.

6 IMMUNE SYSTEM



The nutrients in bone broth maintain a **balanced bacterial environment** in the gastrointestinal (GI) system & **provide defense** against autoimmune diseases.

7 INFLAMMATION & ANTI-AGING

Bone broth **reduces bodily inflammation** helping eliminate chronic joint pain, boosting **cell rejuvenation**, & slowing the body's natural aging process.



8 ENERGY & RECOVERY

The amino acids in bone broth **enhance energy levels** by helping convert glucose into usable energy, **preserving muscle tissue**, & supporting growth hormone production.



9 MOOD & COGNITION



Optimal gut health ensures stable communication between our digestive system & brain. Bone broth **improves mood**, mental clarity, & **supports neurotransmission**.

10 TEETH & BONES



Healthy teeth & bone formation require a constant supply of nutrients. Bone broth **increases collagen synthesis** enhancing bone mineral density & dental health.

What's the Difference?

BROTH

vs.

STOCK

vs.

BONE BROTH

Make it

Broth is made from simmering meats [no bones] with aromatic vegetables and herbs to add seasoning.

Use it

With its pronounced flavor, broth is best for clear soups, as the cooking liquid for rice dishes, and for steaming vegetables.

Make it

Stock is made from simmering meaty bones, meat trim, and aromatic vegetables in a liquid, typically water for 2-6 hours.

Use it

It can be cooked longer and reduced to create sauces and glazes to braise meats. It's a rich base for soups and stews and used for the liquid in cooking grains and vegetables.

Make it

Bone broth is made from slowly cooking meaty or marrow-filled bones in water with vegetables like carrot and onion, for a long period of time, usually 24-72 hours.

Use it

Bone broth can be used like a stock but also enjoyed by itself. It has been touted to heal leaky gut, help fight colds and flus, and reduce joint pain and inflammation.

Why Real Bone Broth?

WWW.REALBONEBROTH.COM

WHAT IS IT?

WATER, BONES & VEGETABLES SIMMERED FOR 24-48 HOURS IN ORDER TO NOT ONLY PRODUCE GELATIN FROM COLLAGEN-RICH JOINTS BUT ALSO TO RELEASE MINERALS FROM BONES

THIS PROCESS PRODUCES AN EASILY DIGESTED, RICH BROTH THAT IS FULL OF GELATIN, AMINO ACIDS AND MINERALS THAT SUPPORT HEALTHY DIGESTION, JOINT HEALTH & INFLAMMATION CONTROL IN THE BODY.

Real Bone Broth

USES ONLY ORGANIC, 100% GRASSFED + GRASS FINISHED BEEF BONES AND ORGANIC, PASTURED CHICKEN BONES ALONG WITH CELTIC SEA SALT, APPLE CIDER VINEGAR AND ORGANIC VEGETABLES THAT PRODUCE A NUTRIENT-DENSE BONE BROTH.

How DO YOU USE IT?

THERE ARE SO MANY WAYS TO INCORPORATE BONE BROTH INTO YOUR DIET. HERE ARE A FEW OF OUR FAVORITES

drink up!

HEAT SOME UP, ADD YOUR FAVORITE SEASONINGS & ENJOY! BONE BROTH MAKES A GREAT SNACK BETWEEN MEALS

use as a base for soups + sauces

BONE BROTH IS A GREAT NUTRIENT-DENSE BASE FOR SOUPS, SAUCES + STEWS.

Braise your meats & vegetables in bone broth.



BROTH MADE FROM BONES AND JOINTS CONTAIN SEVERAL NUTRIENTS THAT HELP STRENGTHEN YOUR OWN SKELETAL SYSTEM

GLYCOSAMINOGLYCANS, PROLINE AND GLYCINE ARE JUST A FEW.

SUPPLYING CALCIUM, MAGNESIUM, POTASSIUM, SILICON, SULFUR & PHOSPHOROUS, BONE BROTH PROVIDES AN EXCELLENT MEANS OF BOOSTING YOUR MINERAL INTAKE.

¹⁴ Si silicon 28.086	¹⁵ P phosphorus 30.974
¹⁹ K potassium 39.098	¹² Mg magnesium 24.305
¹⁶ S sulfur 32.065	²⁰ Ca calcium 40.078



BONE BROTH IS FULL OF GELATIN AND COLLAGEN, WHICH SOOTHES THE INTESTINES AND HELPS HEAL LEAKY GUT, AKA INTESTINAL PERMEABILITY.