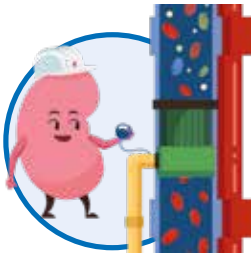
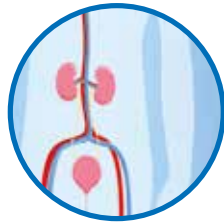


TAKE CARE OF YOUR KIDNEYS! SUPPORT THEM TO DO THE INCREDIBLE JOB THEY ARE DOING



Filtering 1,800 litres of blood every day.



Excreting waste products and toxins through urine.



Regulating your blood pressure, water and electrolyte supply.

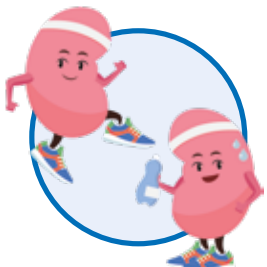


Building essential hormones and keeping your bones healthy.

One in ten Europeans have a reduced kidney function. But many are not aware of it because the kidneys suffer quietly in the beginning. The worst thing: **kidney function keeps decreasing over time and cannot be recovered.**

Especially harmful for your kidneys are high blood sugar, high blood pressure and obesity.

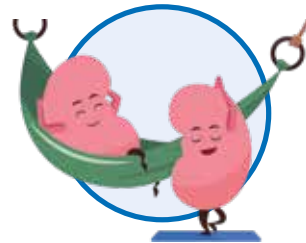
Many risk factors lie in your own hands and you can do a lot, to keep your kidneys healthy!



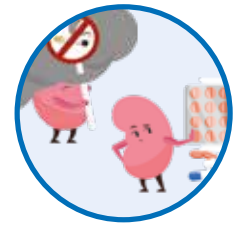
Regular exercise (20 min/day).



Healthy whole food nutrition, using less salt.



Reduce stress.



Quit smoking and avoid overuse of painkillers.



Ask your doctor about a kidney check-up with urine and blood test!
If a renal dysfunction is detected early, its progression can be slowed or even halted.



www.strongkidneys.eu