DR.VEGAN®
The foundations for
better strength

WHY LOOKING AFTER OUR BONES AND MUSCLES IS IMPORTANT

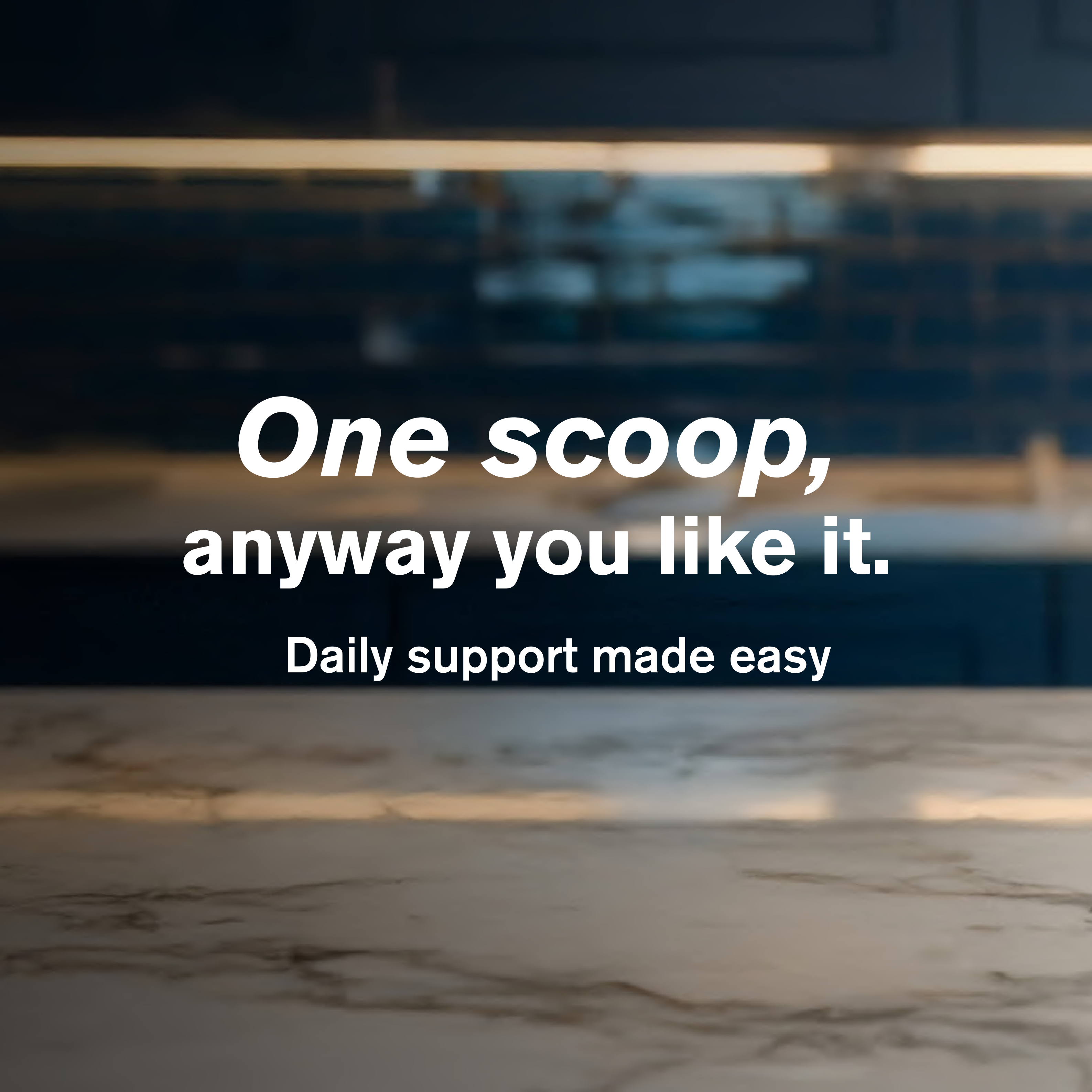
Women after the age of 50 lose **up to 3%** of their bone density every year

Half of women aged **over 50** will break bones due to osteoporosis, and a fifth of men.

As we get older, protecting our bones and muscles becomes increasingly important. One of the key reasons is the role of oestrogen. This hormone helps maintain bone density, but during menopause, oestrogen levels drop, and with it, much of the bone's natural protection is lost.

Maintaining muscle strength is equally important. Muscle mass naturally decreases with age (a process called sarcopenia), which increases the risk of falls. Strong muscles help protect bones, improve balance, and support independence as you get older.

Strong bones and muscles are the foundation of healthy ageing, mobility, making it essential to start caring for them early.


One scoop,
anyway you like it.
Daily support made easy

100% Recyclable
DR.VEGAN
OsteoFriend®
Advanced Bone, Muscle & Joint Support Blend
19 active ingredients including:
Calcium
Magnesium
Vitamin D3
Vitamin K2
L-Lysine
MSM
Curcumin
Live cultures
Zero additives
Unflavoured powder
30 Servings | 1 Teaspoon a day

DR.VEGAN

WHY OSTEOFRIEND® IS SO GOOD

OsteoFriend® is a comprehensive formula that delivers 19 optimally dosed ingredients to supports strong, healthy bones, muscles and joints. It provides the nutrients needed to build bone, enhance nutrient absorption, and ensure those nutrients are effectively delivered into bone tissue. The formula also includes targeted support for joint health and helps reduce ongoing bone loss.

How to take

- Measure 1 teaspoon.
- Stir well into water, smoothies or shakes.
- Or mix into yoghurts, smoothie bowls or cold / lukewarm meals.

"This is an excellent all-round supplement for bone and joint support. The formulation provides not just calcium and vitamin D, but also the key cofactors that help your body actually use these nutrients effectively. I would recommend this to my clients for long-term bone health."

- Julia Young, Nutritional Therapist

QUINOA & KALE SALAD (VE)

Serves 1-2

Fuel your day with this warm quinoa and kale salad. Not only is it delicious, but it is also nourishing and packed with nutrients that support muscle strength, metabolism and inflammation.

Ingredients

- ½ cup cooked quinoa
- 1 cup chopped kale *(lightly steamed or massaged)*
- ½ cup chickpeas
- 1 tbsp tahini + lemon juice + olive oil *(for dressing)*
- 1 tsp OsteoFriend® powder

Directions

1. Toss everything in a bowl with dressing.
2. Add in your favourite vegetables and any other spices you want.
3. Allow to cool before mixing in OsteoFriend® at the end.

CREAMY SWEET POTATO & RED LENTIL STEW (VE)

Serves 1-2

This creamy sweet potato and red lentil stew is rich, hearty and packed with plant-powered goodness in every spoonful. Together with OsteoFriend®, it helps support gut, bone and joint recovery.

Ingredients

- 1 cup cubed sweet potato
- ½ cup red lentils
- 1 clove garlic
- ½ tsp turmeric
- 2 cups vegetable stock
- 1 tbsp nutritional yeast
- 1 tsp OsteoFriend® powder

Directions

1. Simmer lentils and sweet potato with garlic, turmeric and stock until soft
2. Blend half for a creamy texture.
3. Allow to cool before stirring in nutritional yeast and OsteoFriend®.

ANTI-INFLAMMATORY SMOOTHIE BOWL (VE)

Serves 1-2

Keep your bones happy with this nutrient-packed vegan smoothie bowl that supports your bones, joints and digestion.

Ingredients

- 1 tsp OsteoFriend® powder
- ½ frozen banana
- ½ cup frozen strawberries and raspberries
- 1 tbsp flaxseed
- 1 cup unsweetened almond milk
- 1 tbsp almond butter

Directions

1. Blend until smooth and pour into a bowl.
2. Top with pumpkin seeds, chia seeds and a few more berries.

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QUESTIONS?
WE HAVE ANSWERS:

- **Can I mix OsteoFriend® into hot foods / drinks?**

  No, we recommend mixing it into cold drinks or sprinkling it onto cold or lukewarm food. This is because OsteoFriend® contains probiotics, which are sensitive to heat.

- **What makes OsteoFriend® different?**

  OsteoFriend® is the most comprehensive formula to help support strong, healthy bones. It contains 19 active ingredients, including calcium, magnesium, vitamin D3, vitamin K2, curcumin, live cultures, MSM and more.

- **Can I take OsteoFriend® long-term?**

  Yes, we recommend taking OsteoFriend® long-term. Looking after bones is a lifelong commitment.

Power your day,
the clean way.
Strength, simplified

100% Recyclable
DR.VEGAN
Protein & Creatine Superblend
Comprehensive muscle support
20g Protein
3g Creatine
Pea Protein
Pumpkin Seed Protein
White Hemp Seed Protein
Creatine Monohydrate
Cordyceps Mushroom
Reishi Mushroom
Zero Additives
450g Unflavoured powder
15 Servings | 2 Tablespoons a day

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Protein & Creatine Superblend
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Cordyceps Mushroom
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WHY PROTEIN & CREATINE SUPERBLEND IS SO GOOD

Protein & Creatine Superblend combines 3 types of vegan protein sources, with creatine - essential for energy production – and functional Cordyceps & Reishi mushrooms, giving complete support for active bodies. The ingredients work together to support strong bones, muscles and joints, especially when paired with regular resistance exercise.

How to take

- Two tablespoons daily.
- Mix or whisk into drinks, smoothies, yoghurts, baking, or any meals.

"I really love this Protein & Creatine blend from Dr Vegan. It is two products in one and means I don't have to ask clients to purchase a protein powder AND a creatine supplement. The inclusion of creatine is excellent, I use this a lot with clients (and myself) to support muscle maintenance and energy levels"

- Sarah Trimble, Nutritional Therapist

PROTEIN-POWERED BREAKFAST BOWL (VE)

Serves 1-2

This protein-powered Breakfast Bowl isn't just tasty, it's built to keep you going. With DR.VEGAN's plant-based Protein & Creatine Superblend, it helps you stay full longer, supports muscle recovery, and gives you steady energy to power through your morning. Think of it as a delicious way to fuel both body and taste buds.

Ingredients

- 2 tbsp of Protein & Creatine Superblend powder *(20g protein)*
- 1 tbsp chia seeds
- 1 tbsp ground flaxseed
- ½ banana, mashed
- ¾ cup unsweetened almond milk
- ½ tsp cinnamon

Directions

1. Mix all ingredients and let sit overnight or for 15 mins.
2. Top with berries and nuts before serving.

WARM PROTEIN LUNCH BOWL (VE)

Serves 1-2

Meet your new favourite protein bowl. This Warm Protein Lunch Bowl is a powerhouse of plant-based protein to help fuel your day. With quinoa, chickpeas and edamame, plus fresh mixed greens, a creamy lemon-tahini drizzle, and DR.VEGAN's Protein & Creatine Superblend, this bowl will keep you feeling satisfied, energised and ready to take on the afternoon.

Ingredients

- ½ cup cooked quinoa
- ½ cup cooked chickpeas
- ½ cup edamame
- 1 tbsp tahini
- Juice of ½ lemon
- Mixed greens
- Stir in 2 tbsp of Protein & Creatine Superblend powder

Directions

1. Mix everything in a bowl, drizzle with tahini and lemon, and serve warm or cold.

CREAMY PROTEIN MUSHROOM PASTA (VE)

Serves 1-2

Indulge without the guilt with this Creamy Protein Mushroom Pasta. Packed with plant-based protein and delicious mushrooms, this velvety pasta is both comforting and nourishing. A rich, creamy sauce makes every bite decadent. Mixed in with DR.VEGAN's Protein & Creatine Superblend, it helps keep you satisfied through the evening.

Ingredients

- 1 cup cooked red lentil or chickpea pasta
- 1 scoop savoury unflavoured plant protein
- ½ cup sautéed mushrooms
- 1 tbsp nutritional yeast
- 1 tbsp olive oil
- Garlic, salt, pepper
- Add 2 tbsp Protein & Creatine Superblend powder

Directions

1. Saute the mushrooms with garlic, salt, pepper in some oil until they are soft.
2. Gradually add pasta water, alongside the protein powder and nutritional yeast. If you want to make this even creamier we would recommend adding blended silken tofu for extra protein!
3. Combine with cooked pasta.

QUESTIONS?
WE HAVE ANSWERS:

What kind of protein is used?

Protein & Creatine Superblend contains 3 types of plant-based protein. The protein blend is carefully sourced from pea, hemp, and pumpkin seeds to deliver a complete profile of essential amino acids.

Why are creatine and mushrooms added?

By combining protein, creatine, and functional mushrooms, you're supporting your body on multiple levels:

- *Protein repairs and builds tissue*
- *Creatine fuels your cells*
- *Mushrooms for daily wellbeing*

Together these three ingredients work in synergy to support your performance, recovery and resilience.

Who is it suitable for?

This trio is suitable for active individuals, older adults and anyone looking to enhance energy, focus and recovery - naturally and effectively.

Will it help with muscle recovery?

Yes, the combination of complete protein, creatine and functional mushrooms supports faster recovery and reduced post-exercise fatigue.

Can I take it even if I'm not working out?

Absolutely. It's a great way to support muscle health, energy and protein intake - whether you're training, walking or just staying active.

DIET TIPS

01 Consume enough protein for your lifestyle and activity level

Distribute protein intake across meals.
Combine protein with resistance exercise for best results.

Lifestage	How much protein is needed per day?
Adults (19–64y)	0.75 g/kg/day
Older adults or clinical	1.0–1.5 g/kg/day
Athletes or active people	Typically 1.2–2.0 g/kg/day

02 Get a Vitamin D test and correct any insufficiencies

Vitamin D is essential for muscle strength, contraction and recovery.

03 Anti-inflammatory diet

Rich in omega 3s (chia, flax and walnuts).
Colourful vegetables and fruits (rich in antioxidants).

LIFESTYLE TIPS

01

Weight-bearing and resistance exercise

Strength training, walking, dancing and hiking stimulate bone growth and maintains muscle mass.

02

Sleep and recovery

The growth hormone released during sleep supports tissue repair and muscle strength.

03

Avoid smoking

Smoking impairs calcium absorption and reduces bone density.

04

Healthy body weight

Being underweight increases osteoporosis risk and obesity can impair muscle function and joint health.

BONE-BOOSTING STRENGTH EXERCISES

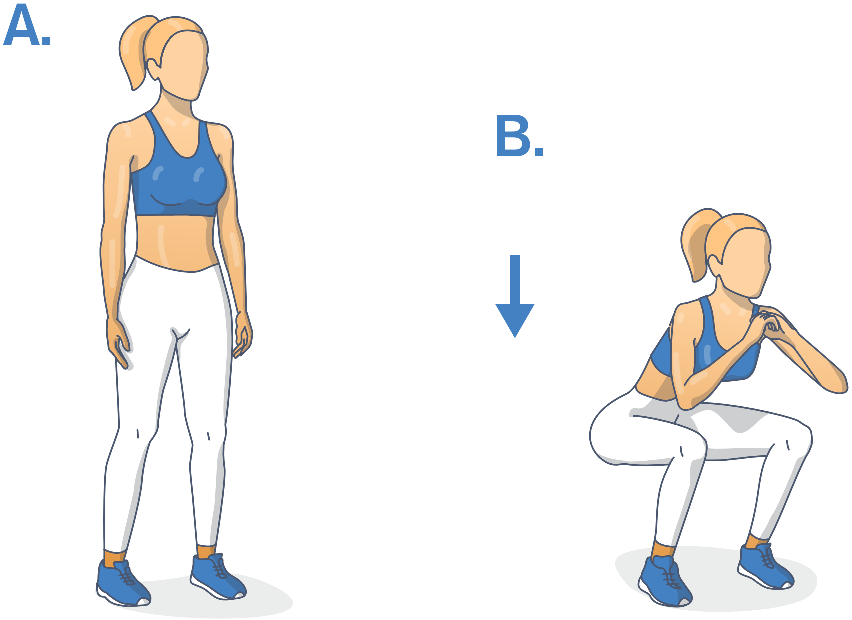
Our friends at mvmnt share their top ways to resistance train

Squats:

Why: Squats strengthen your legs, hips, and spine – areas of your body most at risk of osteoporotic fractures.

How: With your feet shoulder distance apart, bend your knees, push your hips back, and keep your chest up. Lower yourself as low as feels comfortable, then drive through your heels to stand back up.

Tip: *If you're new to squats, try sitting and standing from a chair. The higher the chair, the easier this exercise will be.*



Push-ups:

Why: Push-ups build strength in your chest, arms, and shoulders, as well as challenge your wrists and spine – both of which are crucial for supporting bone density.

How: Begin in a straight-arm plank, lower your chest towards the floor with your elbows flared at a 45-degree angle, then push back up to the starting position.

***Tip:** If a full push-up feels too challenging, try it on an incline. Place your hands on a sturdy surface, like a bench, step, or kitchen counter.*

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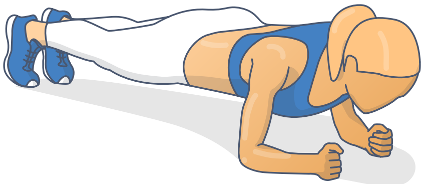

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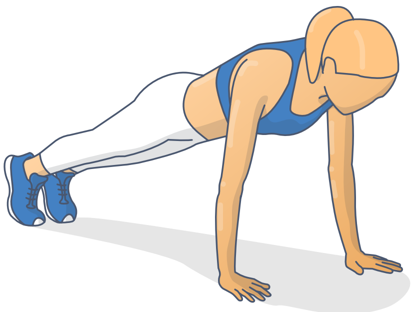

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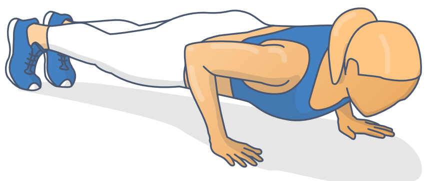

Romanian Deadlifts:

Why: Deadlifts strengthen your spine, hips, and core, which are crucial for everyday movements like bending, lifting, and carrying.

How: From a standing position, holding a dumbbell with your feet hip distance apart, unlock your knees and push your hips back while keeping your spine long. Then, push through your heels and squeeze your glutes to stand back up.

Tip: *Focus on slow, controlled reps. Imagine there's a car door behind you that you need to close with your glutes.*

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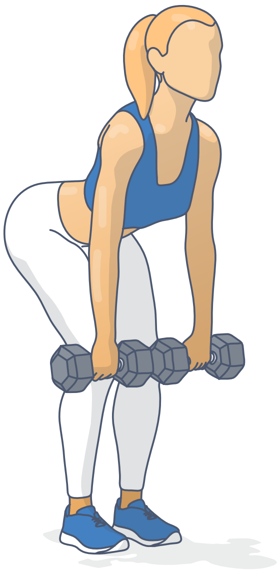

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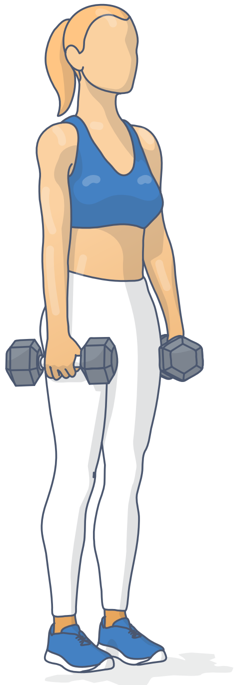


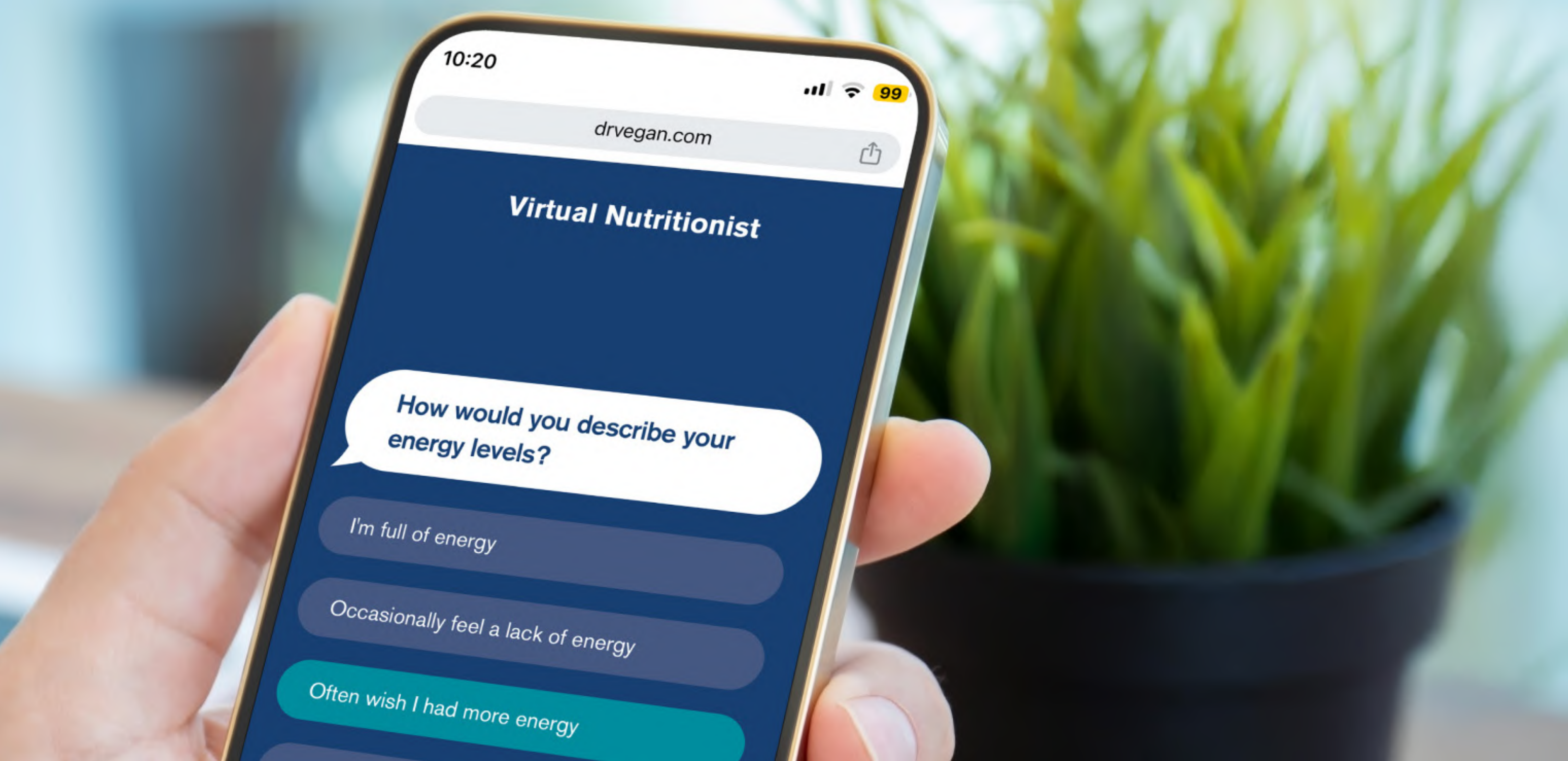
To support your bones during menopause, aim to do some form of resistance training at least twice a week. Remember, bones respond best when they're challenged gradually, so focus on progressive overload. That means slowly increasing the weights, reps, or difficulty as you get stronger. Resistance training doesn't just build bone strength. It boosts confidence, improves balance, and fuels independence in everyday life.

Start small, stay consistent, and celebrate every rep you do.

Want more support with your workouts?
Why not head to mvmnt

USE CODE DRVEGAN55
FOR 55% OFF

EXPERT-LED, FREE NUTRITIONAL ADVICE

"Spot on and only takes a few mins to do."
- Jasmine, DR.VEGAN® Customer.

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