

Calcium and Your Health

Calcium is perhaps the most important nutrient for the maintenance of bone health. As we age, our bones become more susceptible to damage as our bone building cells, known as osteoblasts, diminish while the cells responsible for bone destruction, osteoclasts, continue to thrive. With proper calcium intake, one can help offset this Potential damage. Calcium is often deficient in the daily diet, and many require a dietary supplement to meet adequate calcium needs.

There are a variety of different calcium supplements available on the market, and sometimes it can be hard to choose the right supplement for you. The following is a description of our various calcium supplements, each one tailored for your specific needs:

Calcium Citrate with Vitamin D

Calcium citrate has been found to be the most efficiently absorbed form of calcium available, and mixed with vitamin D makes for an outstanding bone support product

- Vitamin D has been found in clinical studies to help decrease falls among the elderly, reduce low back pain, and help the absorption of calcium into the system
- Contains 630 mg of calcium from calcium citrate and 400 IU of vitamin D
- 100% vegetarian and gluten free

Cal-Mag Citrate Complex

Cal-Mag Citrate provides a combination of calcium citrate and ascorbate provided in a vegetarian tablet.

- These forms of calcium are proven to be highly absorbable in the body
- Provides a full 1000 mg of calcium per serving along with 500 mg magnesium, important components for bones, teeth, muscle and nerve function

Chelated Cal-Mag plus Betaine HCl

- Calcium and magnesium are both provided in an amino acid chelate form, to help increase the absorption of these minerals
- Betaine hydrochloric acid provides an acidic environment, to further facilitate the uptake of calcium into tissues

Cal-Mag Caps

This supplement provides both pure calcium and magnesium for those who do not Desire added amino acids, minerals, or other nutrients.

- Calcium and magnesium are provided in conjunction, as needed by the body
- Provides 1000 mg of calcium and 500 mg of magnesium per serving
- Calcium and magnesium play very important roles in promoting healthy, strong bones, as well as maintaining adequate nerve function

Chewable Calcium plus Boron

This is a chewable form of calcium, in a tasty natural citrus flavor.

- Calcium is provided in a 1:1:1 ratio of calcium citrate, citrate malate, and carbonate
- Contains Vitamin D, essential for proper calcium absorption
- Boron is added to promote increased calcium uptake by the body
- Magnesium and silicon are added due to their important roles in bone and muscle health

Cal-Mag-Zinc with Vitamin D

- This supplement has calcium provided along with Vitamin D, important for supporting bone health
- Magnesium and zinc chelates are added to further aid in proper nerve function and for maintaining adequate health status
- Zinc is often low in the diets of vegetarians, and is needed as part of a daily supplement
- Betaine HCl and Glutamic HCl are important for providing maximum absorption of these minerals

Liquid Cal-Mag-Zinc

- Appropriate proportions of calcium, magnesium, vitamin D, phosphorous and zinc for optimal absorption
- Easy-to-consume liquid form
- Delicious orange flavor

Ultimate Bone Formula™ with NovaSoy® Soy Isoflavones

This supplement provides an important combination, key for those seeking maximum bone support.

- This unique combination offers minerals, vitamins, botanicals, collagen and protein, which are all key factors in maintaining and promoting bone health
- Contains a high quality Microcrystalline Hydroxyapatite Complex (MCHC), providing calcium as well as other important minerals in their natural ratios, for increased bone support
- Contains NovaSoy® Isoflavones, providing additional bone support

- This unique combination offers minerals, vitamins, botanicals, collagen and protein, which are all key factors in maintaining and promoting bone health

This information is for educational purposes only and should not be construed as medical advice. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

REFERENCES:

Bischoff-Ferrari HA, et al. Fracture prevention with vitamin D supplementation: a meta-analysis of randomized controlled trials. JAMA. 2005 May 11;293(18):2257-64.

2126

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