



Calcium complex with vitamin D to help strengthen the bones, teeth and nails. May assist in the prevention of osteoporosis when dietary intake is inadequate.

KEY BENEFITS

- ✓ Supports healthy bones, teeth and nails
- ✓ May assist in the prevention of medically diagnosed osteoporosis when dietary intake is inadequate

PRODUCT FEATURES

- ✓ Contains calcium glycinate and citrate for enhanced bioavailability
- ✓ With vitamin D3 to help promote calcium absorption

ACTIVE INGREDIENTS

Each tablet contains:

Calcium glycinate	676.4mg
equiv. to calcium 150mg	
Calcium citrate tetrahydrate	721.5mg
equiv. to calcium 150mg	
Total calcium	300mg
Colecalciferol (Vitamin D3 500IU)	12.5micrograms

NO artificial colours, flavours, sweeteners or preservatives, gluten, wheat, nuts, yeast and dairy products.



DOSAGE

Adults: Take 2 tablets daily.

Child 6-12yrs: Take ½ -1 tablet daily.

Child under 6yrs: Take as professionally advised.

Always read the label. Follow directions for use. Vitamin and mineral supplements should not replace a balanced diet. Made in Australia.

BACKGROUND INFORMATION

THE ROLE OF CALCIUM

Calcium is critical to the development and maintenance of bones and teeth. Almost 99% of the body's calcium is found in the bones. It also plays an important role in transmitting nerve impulses, contracting and relaxing muscles.

Vitamin D3 is the most important vitamin for assisting in the absorption of calcium, and is essential for building and maintaining healthy bones.

According to Australian Bureau of Statistics survey (2011-12), over half of the Australian population aged two years and over had inadequate usual intakes of calcium. Males and females have the same requirements in all age groups except the 51-70 years. However, the prevalence of inadequate calcium intakes was higher amongst females than males, with almost three in four aged two years and over (73%) not meeting their calcium requirements compared with one in two males of the same age group (51%).

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CALCIUM AND OSTEOPOROSIS

Osteoporosis Australia recommends to try and obtain the calcium needed from the diet, however if this is not possible a supplement may be required. Calcium along with Vitamin D is often recommended as part of the osteoporosis management protocol.

WHY MINERAL GLYCINATES?

Calcium glycinate is an organic form of calcium with high bioavailability (absorption and availability).

Organically bound calcium such as calcium glycinate and citrate generally demonstrate higher bioavailability than inorganic forms such as calcium carbonate, phosphate or sulphate.

COMPANION PRODUCTS



Magnesium Advanced - Supports healthy muscle and nerve function.



Menopause - With black cohosh plus other herbs used to ease menopausal symptoms in traditional Chinese and Western herbal medicine.