



Calcium

INTRODUCED 2004

What Is It?

Calcium citrate and citrate/malate are highly bioavailable calcium chelates, providing support for bone, cardiovascular and colon health.*

Uses For Calcium

Bone: Multiple randomized, double-blind, placebo controlled studies have reported statistically significant positive results using calcium supplementation to support bone mineral composition and help reduce the risk of osteoporosis for both women and men.†

†Risk factors for osteoporosis include sex, race, age and inadequate calcium intake. Populations at highest risk for osteoporosis include Caucasian, Asian, postmenopausal women, and elderly women and men. Adequate calcium intake throughout life is linked to a reduced risk of osteoporosis, as calcium helps to optimize peak bone mass during adolescence and early adulthood in conjunction with exercise and healthy diet. Calcium intake greater than 2,000 mg per day has no further known benefit to bone health.

Cardiovascular: Calcium has demonstrated the ability to provide a supportive effect on cardiovascular health by promoting healthy receptor function and healthy lipid metabolism.*

Colon: Research suggests that calcium is associated with supporting distal colon health.*

What Is The Source?

Calcium is derived from limestone. Citrate is derived from corn dextrose fermentation. Malate is synthetic. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

Recommendations

Pure Encapsulations recommends 2–6 capsules per day, in divided doses, with or between meals.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, or have a history of kidney stones, consult your physician before taking this product.

Are There Any Potential Drug Interactions?

Calcium may need to be taken separately from certain antibiotics. Consult your physician for more information.

Calcium (citrate)

each vegetable capsule contains  v 00

calcium (citrate)	150 mg.
vitamin C (as ascorbyl palmitate)	16 mg.

2–6 capsules per day, in divided doses, with or between meals.

Calcium (citrate/malate)

each vegetable capsule contains  v 00

calcium (citrate/malate)	150 mg.
vitamin C (as ascorbyl palmitate)	8 mg.

2–6 capsules per day, in divided doses, with or between meals.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.

