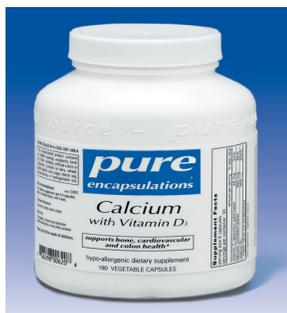




Manufacturers of
Hypo-allergenic
Nutritional
Supplements



Calcium with Vitamin D₃

INTRODUCED 2004

What Is It?

Calcium with Vitamin D₃ promotes optimal calcium absorption and bone mineral composition, in addition to providing potential support for cardiovascular and colon health.*

Uses For Calcium with Vitamin D₃

Bone Health: 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.[†] Vitamin D₃ is included to promote intestinal calcium and phosphorous absorption and reduce urinary calcium loss, essential mechanisms for maintaining healthy calcium levels in the body and for healthy bone composition. A recent 7-year study involving 36,282 women indicated that combined supplementation of calcium and vitamin D promoted healthy hip bones. Another trial, involving over 3,000 women, indicated that supplementation with calcium and vitamin D daily for one and a half years supported bone composition of the femur. Calcium citrate malate combined with vitamin D moderated the rate of bone loss for a separate group of postmenopausal women, maintaining support for the spine.*

[†]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 Health: Studies indicate that calcium supports 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. Vitamin D₃ is derived from lanolin. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

Recommendations

Pure Encapsulations recommends 2–6 capsules per day, in divided doses, with 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 with Vitamin D₃

six vegetable capsules contain	 v 00
calcium (citrate/malate)	900 mg
vitamin D ₃	800 i.u.
vitamin C (as ascorbyl palmitate)	48 mg
2–6 capsules per day, in divided doses, with 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.



— Your Trusted Source —

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