Calcium and Your Health

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Additional Recommended Supplements for Optimal Health..

Foundation of Health:

- **Ultimate One**
- **CoQ10**
- **Omega 3 Fatty Acids**
- **Greens N' Things**
- **Chewable Calcium & D or**
- **Liquid Cal-Mag-Zinc**

These supplements may be purchased on Our Store:

FreedomFromMenopause.com

These recommendations are for informational and educational purposes only. They are not intended as a substitute for advice from your medical professional, nor intended to diagnose, treat, cure, or prevent any disease. The information provided herein has not been evaluated by the Food and Drug Administration. WARNING: Before taking any of the products listed here, please consult with your healthcare professional if you are pregnant, nursing or if you have any medical condition or are taking any medicines. Dietary supplements can affect the way medicines work. If you are given a prescription for medicine, always tell your healthcare professional what dietary supplements you are taking.

Calcium is perhaps the most important nutrient for the maintenance of bone health. As we age, our bones become more susceptible to damage as the result of our bone building cells, known as *osteoblasts*, diminishing 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 some times 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:

Chewable Calcium Plus Boron and Additional Supplements

One of our newest additions to our line includes Chewable Calcium. Offered as a citrus flavored chewable, this calcium supplement provides an excellent addition to the calcium segment of any dietary supplement plan.

- Offers a uniquely balanced and comprehensive formula with additional nutrients such as Vitamin D, magnesium, boron, and silicon – all to promote healthy bones.
- Provides 1000 mg of elemental calcium in four tablets.
- Utilizes three sources of elemental calcium to promote optimal absorption.
- Easy-to-chew, flavorful tablet.

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 200 IU of vitamin D.
· 100% vegetarian and gluten free.

Liquid Cal-Mag-Zinc with Vitamin D

Freedom from Menopause introduces a new addition with our Liquid Cal Mag Zinc. Providing optimal amounts of valuable minerals, this easy-to-consume, tasty supplement is great for ensuring bone health, immune support and supplying overall nutrient needs. Many nutrients often compete with each other for absorption in the body, therefore the added minerals in proportionate ratios support proper nutrient assimilation.

It is well known that calcium is essential for bone, teeth and muscle health. Magnesium, phosphorous and vitamin D also aid in forming strong bones. Zinc assists a multitude of enzymatic reactions throughout our body. All of these beneficial minerals come together in a convenient liquid delivery system.

- One serving provides 600 mg Calcium--60% of the Daily Value!
- Appropriate proportion of magnesium, vitamin D, phosphorous and zinc in relation to calcium content for maximal absorption
- Delicious tasting natural orange flavor
- Great creamy, smooth texture
- Liquid product contains NO preservatives
- Requires refrigeration after opening
- Shake well before use
- Glass bottle packaging
- Gluten free, vegetarian

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