

Calcium Citrate with Vitamin D

300 capsules

Item Catalog Number: 01015



Calcium is the most abundant mineral in the body where it is primarily found in bones and teeth. In bone formation, calcium forms crystals that provide strength to maturing bone. Peak bone mass is usually achieved when people are in their 20s.

Calcium is needed for more than just healthy bones. It is also important for muscle contraction, blood vessel contraction and expansion, the secretion of hormones and enzymes, and sending messages through the nervous system. A meta-analysis of 56 clinical trials demonstrated a significant impact on heart health resulting from increasing calcium intake by 1000 to 2000 mg/day.¹¹ In addition, recent evidence suggests that increased intake of calcium may help to maintain optimal weight as well.¹²⁻¹⁵

CALCIUM SUPPLEMENTS AND YOUR BONES

Calcium is an essential mineral that is often inadequately supplied, inefficiently absorbed, or excreted faster than it is being assimilated.⁶¹ The citrate salt of calcium has been documented to be well absorbed and utilized by the body.⁷⁻¹⁰ This is the form many doctors and nutritionists recommend. Calcium citrate dissolves easily even if one doesn't have much stomach acid. Many people naturally produce less acid as they age, so calcium citrate is a good choice for older adults. Also critically important is the addition of vitamin D3 which stimulates calcium absorption and promotes healthy bone density.⁶² However, as people age, they often lose the ability to make vitamin D3.⁶³

BENEFITS OF CALCIUM SUPPLEMENTS

Calcium and other minerals are best not taken with fiber, because fiber can interfere with their absorption.¹⁻⁵ There is evidence that calcium from supplements and dairy foods may inhibit iron absorption, although it has been very difficult to distinguish between the effects of calcium on iron absorption versus other inhibitory factors, such as phytate.²⁷ Therefore, if you are iron deficient, it may be best to avoid taking calcium with meals.²⁸

Calcium supplements should always be taken with a full glass of water, juice, or other liquid to enhance solubility.²⁹ If calcium-containing formulas are taken only once daily, they may be best taken in the evening.³⁰

References

Supplement Facts

Serving Size 1 capsule

Servings Per Container 300

Amount Per Serving

Vitamin D3

100 IU

Calcium (as calcium citrate)

200 mg

Other ingredients: gelatin, magnesium stearate, sucrose, corn starch, dl-alpha tocopherol, stearic acid.

Contains soybeans. Contains corn.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), tree nuts, wheat, yeast, gluten, or rice. Contains NO artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- Take one to seven capsules daily with food, or as recommended by a healthcare practitioner.
- Check the calcium content of other supplements you are taking to determine how much additional calcium should be supplemented.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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