



# Calcium Plus

Bioactive Synergistic Mineral Supplement

*Calcium Plus supports bone density and integrity, helps support bone mineralisation, and may help prevent osteoporosis.*

*Helps maintain a healthy cardiovascular system, immune system, and neuromuscular function also healthy teeth and nerve conduction.*

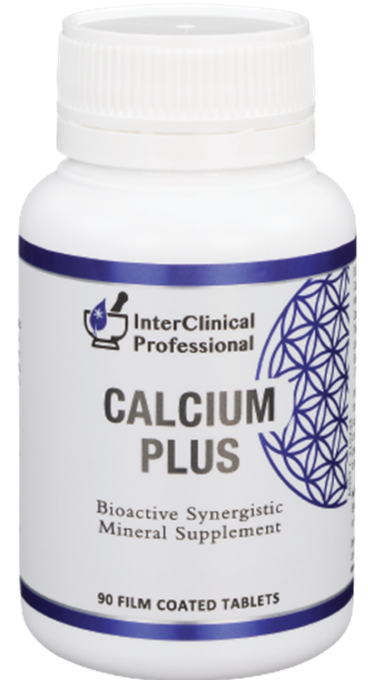
*Now with Silicon!*

*Supporting collagen formation, & bone, cartilage, ligaments and tendons!*

## Nutritional Therapy

Bioactive Bioavailable Quality Ingredients

This formula contains calcium in a fully reacted chelated form, plus synergistic nutrients; natural vitamin K2 (menaquinone 7 from *Bacillus subtilis*), natural vitamin D3 (from organic lichen), amino acids; taurine, lysine & proline; and now with Silicon.



For Practitioner Dispensing Only

## What you need to know about this supplement


- Support bone health (Calcium, Vitamin D, Menaquinone 7)
- Helps maintain bone mineralisation (Calcium, Vitamin D, Menaquinone 7, Silicon)
- Maintain bone strength (Calcium, Vitamin D)
- Support bone density (Calcium)
- Support healthy cardiovascular system function (Calcium)
- Maintain healthy digestive system function (Calcium)
- Support healthy muscle contraction function (Calcium)
- Maintain muscle function & healthy teeth (Calcium, Vitamin D)
- Support nerve conduction & neuromuscular function. (Calcium)
- Maintain healthy immune system function (Vitamin D)
- Maintain healthy neuromuscular system (Menaquinone 7)
- Support blood health (Menaquinone 7)
- Support collagen formation and skin integrity (Silicon)
- Assist connective tissue formation & healthy bone development (Silicon)
- Helps support healthy joint cartilage production & healthy ligaments & tendons (Silicon)
- Vitamin D supports levels in the body when sun exposure is inadequate and helps calcium absorption and a diet deficient in calcium can lead to osteoporosis in later life (Vitamin D)

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## Specifications



90 Film Coated Tablets

8mm |  20mm

Description: Light yellow oval shaped tablets

Dosage Adults: 2 tablets, twice daily, or as directed by your healthcare professional.

Vegan friendly

Made in Australia



## Allergen & Free From

Ingredients in this product have been formulated without gluten, wheat, yeast, soy, egg, gelatin, fish, molluscs, crustaceans, milk products, peanuts, tree nuts, sesame, bee products, artificial preservatives, colours or flavours.

**Each Capsule Contains:**

Calcium (as Calcium glycinate)	150 mg
Silicon (as colloidal anhydrous silica)	10mg
Menaquinone	30 micrograms
Colecalciferol (Vitamin D3 100 IU)	2.5 micrograms
Lysine hydrochloride	15 mg
Proline	15 mg
Taurine	15 mg

Vitamins and minerals can only be of assistance if dietary intake is inadequate.

**Excipients:** Colloidal anhydrous silica, croscarmellose sodium, d-alpha-tocopherol, fractionated coconut oil, glycerol Guar Gum, hydrolysed maize starch, lecithin liquid, glucose, magnesium stearate, maize starch, maltodextrin, medium chain triglycerides microcrystalline cellulose, purified water, silicon dioxide, sodium ascorbate, sucrose, Carnauba Wax

**References**

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**PEER NOTES****Calcium and Vitamin D**

Ensuring adequate calcium intake throughout the lifespan is essential to building and maintaining bone. Ninety-nine percent of the body's calcium is contained in the bones and teeth. Most of the general population do not achieve recommended daily dietary intakes. In later life, dietary calcium and vitamin D deficiency are a known factor in the development of osteoporosis. (1, 2) Plasma calcium homeostasis not only plays a vital role in the maintenance of the skeleton, but also in the regulation of hormone secretion, nerve impulse transmission and vascular activity. (1)

Calcium Plus contains calcium glycinate dihydrate, a fully reacted amino acid chelate. The structure of the molecule protects the mineral from chemical reactivity as it passes through the stomach, enhancing its stability, absorption, bioavailability, and digestibility. (3, 4) Vitamin D is responsible for the regulation of calcium metabolism, and for maintaining a healthy mineralized skeleton. (2) It promotes bone mineralization by inducing intestinal calcium absorption and renal tubular calcium reabsorption. There is an association between low levels of vitamin D and an increased risk of developing several immune-related diseases. (5)

**Synergistic Nutrients**

Menaquinone-7, a natural form of vitamin K2, increases bone mineral density and promotes bone quality and strength. Consumption of foods high in menaquinone-7 has been found to reduce fracture risk. (6)

Proline is one of the main substrates for collagen synthesis and is essential for the strength and structure of connective tissue. (9)

Taurine has many protective effects in the body. It regulates calcium homeostasis, protects against oxidative stress, and is anti-inflammatory. Among other beneficial effects, it also improves vascular endothelial function, strengthens skeletal muscle during exercise, is neuromodulating, and regulates dyslipidaemia. (8)

The essential amino acid lysine can increase osteoblast proliferation and decrease osteoclast activity, and its consumption is related to reduced prevalence of osteoporosis in menopausal women. (10)

Silicon plays an important role in the formation of crosslinks between collagen, and its supplementation has demonstrated a potential beneficial effect on femoral BMD compared to only using calcium and vitamin D. (7)

*Work with the Specialists!*

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