



Calcium / Magnesium

An Absorbable Answer
1000 mg Calcium Bis-Glycinate
500mg Magnesium Aspartate
200 IU Vitamin D as Ergocalciferol

Calcium is the most abundant mineral in the human body. Calcium has long been recognized for its ability to keep bones healthy and strong. Most Americans believe they are getting enough calcium through their diet. However, more than 75% of Americans are calcium deficient according to a recent study published in the *Journal of the American Medical Association*. Calcium deficiency is mainly due the lack of calcium rich foods. Also, added ingredients in processed food such as phytate interfere with calcium absorption. When blood calcium levels drop too low, this vital mineral is "borrowed" from the bones. It is then returned to the bones if an adequate amount of calcium supplied through the diet.

Choosing a good calcium supplement can be confusing at times. There are several different calcium preparations and hundreds of different formulations available. Most calcium supplements contain calcium citrate, calcium carbonate, or calcium phosphate. These calcium preparations differ in a number of ways, and recent research has shown that calcium bis-glycinate offers benefits that other calcium sources do not.

Oregon Health's Calcium Bis-Glycinate is one of the most soluble forms of calcium since it's a fully reacted mineral chelate. In simple terms, when calcium is bound to glycine to form calcium bis-glycinate, it becomes an amino acid chelate that can be utilized throughout the body. Chelated means "firmly attached." **Amino acids such as glycine effectively enhance calcium absorption. For every one molecule of calcium there are two molecules of glycine in Oregon Health's Calcium Bis-Glycinate.** That explains why calcium bis-glycinate is nearly 200% more absorbable than calcium citrate. Amino acid chelating agents promote the assimilation of the mineral into the cells to facilitate the Krebs energy cycle.

Benefits of Calcium bis-glycinate include; enabling muscles, including the heart, to contract, and are necessary for normal blood clotting, proper nerve transmission and connective tissue maintenance. It helps regulate blood pressure, and may reduce the risk of heart disease and angina, which is characterized as a "Charley Horse" type of pain in the chest. Calcium is also very important in fat metabolism. It makes for less fat storage and better use of present macronutrients in the blood. In addition, some studies suggested that calcium may help relieve premenstrual syndrome PMS. Furthermore, studies also suggested that calcium supplements may be able to reduce colon polyps. Average adults including pregnant women need at least 1000mg of calcium daily, while post-menopausal women need up to 1500mg a day.

SOURCES

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Absorbability of Calcium sources: The limited role of solubility, Robert P Heaney, Robert Recher, Calcified Tissue International, 1990, chapter 46, pp 300-304. Sonnger Verigg, New York Inc.



Order Desk 800-798-0707 Ext 1

Fax 602-283-0760
Website Under Construction

E-Mail sales@aerobiclife.com