

Calcium Malate

Highly absorbable calcium plus vitamin D

This product provides 500 mg of calcium per 2-capsule serving plus vitamin D to aid in calcium absorption. The calcium in Calcium Malate is bound to a compound called malic acid, which makes the calcium more easily absorbed in the body.

Calcium is most commonly thought of as a bone-supporting nutrient. This is one of calcium's most crucial functions—approximately 99% of the body's calcium is found in bones—but calcium does much more than this. Beyond supporting healthy bones and teeth, this mineral is needed for proper muscle contraction, blood clotting, wound healing, maintaining a healthy blood pressure, the secretion of hormones and enzymes, plus nerve transmission and neuronal communication.* Calcium is abundant in the food supply but several factors may interfere with effective absorption, such as compromised digestive function or use of pharmaceutical drugs that reduce the synthesis of stomach acid, which is essential for the proper absorption of minerals.

Additionally, the increasing prevalence of sensitivity to carbohydrates or proteins in dairy (e.g., lactose, casein) means that many people avoid consuming some of the richest dietary sources of calcium. These individuals may benefit from supplementation because even though calcium occurs naturally in certain vegetables, such as spinach, broccoli and chard, and in nuts and seeds, the amount of calcium these provide is much lower than in dairy products.

Digestive efficiency decreases naturally with age, so older individuals may benefit from supplementation with an easily absorbed form of calcium. The hormonal changes that occur during menopause play a major role in the loss of bone mass among older women, but a decline in bone mass is not a problem exclusive to women. Aging men experience this as well, so they should be mindful about getting enough calcium.

Vitamin D is included in this product because it works synergistically with calcium to ensure proper blood levels of calcium. When the calcium level decreases, vitamin D sends signals to various tissues to help restore it: vitamin D stimulates the digestive tract to absorb more calcium from foods and supplements, signals the kidneys to retain more calcium rather than filtering it out, and also prompts the body to obtain some calcium from its primary storage site, the bones. For these reasons, it's important to include vitamin D when supplementing with calcium.

Recommended Use: As a dietary supplement, take two capsules per day with a meal, or as directed by your health care practitioner.

Benefits*:

- Supports healthy bones and teeth
- Promotes proper muscle contraction
- Facilitates wound healing
- Supports healthy blood pressure
- Helps maintain acid-base balance in the blood
- Supports nerve impulse transmission and neuronal communication



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT WWW.DESIGNSFORHEALTH.COM.