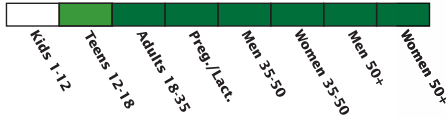


# Optimizers



## Active Calcium™

- Comprehensive support for bone health contains sufficient calcium, magnesium, silicon and vitamin D, to meet nutritional needs in only 4 tablets per day
- Clinically-tested formula

Supplementation with calcium is one of the keys to strong and healthy bones and to an enhanced quality of life. Active Calcium is carefully formulated with highly bioavailable forms of calcium, plus other important factors for lifelong bone health.

Active Calcium contains high amounts of calcium citrate and carbonate, magnesium, and vitamin D to optimise bone mineralisation and to ensure proper calcium use.

### POOR BONE HEALTH— ARE YOU AT RISK?

Poor bone health, which affects millions of people every year, occurs when the rate of absorption of old bone exceeds the deposition of new bone. The resulting thinning of bone makes them porous and prone to fracture. Deficiencies of calcium and other nutrients in our diet can contribute to poor bone health.

Although signs of poor bone health usually don't occur until the later years of life, getting

the proper amount of calcium in our diet when we're young may help prevent calcium deficiency later.

Although calcium, magnesium, and vitamin D deficiencies contribute to poor bone health, they are not the only factors. Sex, race, hormonal status, family history, level of exercise, and general diet all affect bone health. Supplementation of calcium, along with the additional ingredients necessary for its use in bone formation, is important for reducing certain risks related to poor bone health and increasing the quality of life.<sup>1</sup>

### CALCIUM

The human body contains nearly three pounds of total calcium, about 99 per cent of which is in the bones. Throughout life, bones are in a constant state of reformation as calcium is continually removed from and redeposited in the bones. Adequate levels of calcium are needed every day to ensure that bone mineral density is maintained

The remaining one per cent of calcium in the body is found in extracellular fluids and within the cells, where it is involved in numerous metabolic roles. Calcium is critical to normal nerve conduction, muscle contraction, cell division, and other key functions. It is also essential for producing and activating enzymes and hormones that regulate digestion, energy, and fat metabolism.

When levels of calcium in the plasma decline, the bones release calcium to supply the soft tissues with calcium required for these functions. If people do not get enough calcium from their diets, the body will take it from bone structure, which results in a net loss of bone calcium.

## MAGNESIUM

Magnesium is an essential mineral that accounts for about 0.05 per cent of the body's total weight. Along with calcium, it is an important component of strong, healthy bones. Magnesium is involved in the metabolism of carbohydrates and amino acids. It also plays an important role in neuromuscular contractions and helps regulate the acid-alkaline balance in the body.

## SILICON

Silicon gives stability to all the connective tissues of the body and is essential for proper calcium utilisation. Silicon is key to the calcium mineralisation of the bone matrix.

## VITAMIN D

Vitamin D enhances calcium absorption in the small intestine and calcium utilisation in bone formation. Vitamin D also influences the utilisation of phosphorus, another mineral that is important for strong bones.<sup>2,3</sup>

## WHY Active Calcium™?

Active Calcium is more than a calcium supplement; it is a comprehensive aid in the maintenance of healthy bones. In addition to the important cofactors for bone health, magnesium, silicon, and vitamin D, Active Calcium contains an optimal dosage of calcium, in bioavailable forms in only 4 tablets per day, for the long-term support of bone health.<sup>4,5</sup>

Active Calcium is laboratory tested, quality guaranteed. Meets USP specifications for potency, uniformity, and disintegration, where applicable.

## USING Active Calcium

Take four (4) Active Calcium tablets daily, preferably with meals

Supplement Facts		
Serving Size 4 Tablets		
	Amount Per Serving	%DV*
VITAMIN D3 (AS CHOLECALCIFEROL)	400IU	100%
CALCIUM (AS CITRATE AND CARBONATE)	800mg	80%
MAGNESIUM (AS CITRATE, AMINO ACID CHELATE AND OXIDE)	400mg	100%
SILICON (AS AMINO ACID COMPLEX)	9mg	†

★ Percent Daily Values are based on a 2,000 calorie diet.  
 † Daily Value not established.

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## References

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