



Category 5
Minerals



GOODFORYOU

GOOD FOR LIFE

CALCIUM CITRATE

100 Tab #101230

Description: Calcium Citrate Formula with two tablets containing 100 IU Vitamin D (fish oil), 600 mg Calcium (Citrate), 300 mg Magnesium (Oxide), 15 mg Zinc (Amino Acid Chelate), 5 mg Manganese Amino Acid Chelate, and Copper.

Contents / Ingredients

Calcium Citrate *The most absorbable form of Calcium.* Calcium is the most abundant mineral in the body and therefore it is only logical to realize that it is one of the most important. Calcium supplementation is critical in maintaining good health, however mineral supplements including Calcium are difficult to absorb and therefore it is important that you take a supplement that is properly manufactured and combined with other nutrients to maximize absorption, such as the **Good For You Calcium Citrate Formula.**

Osteoporosis, long thought to be an

Traditional Therapeutic Action

Supplement Facts

Serving Size 2 Tablets		
Servings per Container 50		Amount Per Serving % Daily Value
Vitamin D (from Ergocalciferol – vegetarian source)	100 IU	25%
Calcium (from Calcium Citrate)	600 mg	60%
Magnesium	300 mg	75%
Zinc (as Amino Acid Chelate)	15 mg	100%
Copper (as Amino Acid Chelate)	1 mg	50%
Manganese (as Amino Acid Chelate)	5 mg	250%
Other ingredients: Cellulose, stearic acid (vegetable source), Croscarmellose Sodium, magnesium stearate (vegetable source), silica and vegetable coating.		
Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg or preservatives. Vegetarian Formula.		

inevitable consequence of aging, is now understood to be a metabolic disease in which bone mass is gradually dissolved away to the point that bones snap and fractures occur with the slightest trauma. It is a painful and crippling disease that effects both men and women. Although Calcium is most commonly known as the mineral to help reduce the risk of osteoporosis, and for maintaining healthy bone and teeth structure, Calcium serves many other important and vital functions. Calcium is necessary for muscular contraction, the clotting of blood and the activation of many enzymes. Calcium is also required for nerve transmission and regulation of the heart beat. Some of the symptoms of Calcium deficiency would be: bone loss, depression, insomnia or poor quality of rest, muscle spasms, muscle cramps, fatigue, edema, heart pain, irregular blood pressure, headaches, tooth decay, as well as many other conditions.

Vitamin D From Fish Oil • Vitamin D is essential in the absorption and the mobilization of Calcium. Vitamin D also mobilizes phosphates from the bone to maintain serum phosphate levels, and stimulates the active phosphate transport. Vitamin D is also used for: arthritis, joint pain, intestinal conditions including gall stones and constipation, skin conditions, respiratory infections, rickets in infants and children as well as many other conditions.

Magnesium is an important component of every cell of the body. As well as being necessary for strong bone formation Magnesium is an essential part of many enzyme systems, including the production and transfer of energy for protein synthesis and contraction of muscles. Magnesium is also required for proper nerve function, activation of most of the Vitamin B-complex vitamins and synthesis of many compounds. Magnesium is used up in the absorption of Calcium and should be taken with Calcium in proper ratios.

Manganese acts as a cofactor in many enzymatic processes involved in the synthesis of fatty acids and cholesterol. It plays an important role in skeletal and connective tissue development.

Zinc is a constituent of an enzyme and plays an important role in the deposition of Calcium salts in teeth and bones. Zinc is a component of over 80 enzymes in our bodies, and functions in more enzymatic reactions than any other trace mineral. Zinc is necessary for normal cell divisions and functions. In rapidly growing tissues, Zinc deficiency will retard the synthesis of DNA, RNA and protein. Zinc works synergistically with Vitamin A and essentially fatty acids in many body functions. Optimal Zinc levels must be attained if optimal health is desired.

Copper is an essential trace element and plays an important role in the normal development of bone and connective tissue. It is also essential for the normal development of the central nervous system.

SUGGESTED DOSAGE: We do suggest that our Calcium Citrate formula is taken in addition to multi formulas. Multi formulas cannot contain sufficient Calcium due to size of tablets. Calcium in its most absorbable form such as our Calcium Citrate Formula is an extremely important mineral. We suggest the first bottle to be taken in the dosage of 2 tablets twice daily and then a maintenance dosage of 2 tablets daily (Adult dosage)

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.