



CalmaxPlus

Source of calcium

MAY ASSIST IN THE PREVENTION & TREATMENT OF OSTEOPOROSIS

Compared with other calcium supplements, **CalmaxPlus** contains high content of calcium citrate (1244.9mg). This has great advantages in maintaining and improving bone health, because:

- * The bio-availability of calcium citrate is greater than that of calcium carbonate, and it is more easily absorbed by the human body.⁽¹⁻⁵⁾
- * Calcium citrate shows better results in restraining the parathyroid hormone than that of calcium carbonate.⁽⁶⁾
- * Study also finds that calcium citrate probably does not increase the risk of stone formation.⁽⁷⁾

The combination of vitamin D and a number of minerals in **CalmaxPlus** boosts calcium's functions and provides extra care for your bone health.

References:

1. Sakhaee K, Bhuket T, Adams-Huet B, Rao DS. (1999). Meta-analysis of calcium bioavailability: a comparison of calcium citrate with calcium carbonate. *Am J Ther.* 1999 Nov;6(6):313-21.
2. Heller HJ, Greer LG, Haynes SD, Poindexter JR, Pak CY. (2000). Pharmacokinetic and pharmacodynamic comparison of two calcium supplements in postmenopausal women. *J Clin Pharmacol.* 2000 Nov;40(11):1237-44.
3. Heller HJ, Stewart A, Haynes S, Pak CY. (1999). Pharmacokinetics of calcium absorption from two commercial calcium supplements. *J Clin Pharmacol.* 1999 Nov;39(11):1151-4.
4. Harvey JA, Zobitz MM, Pak CY. (1988). Dose dependency of calcium absorption: a comparison of calcium carbonate and calcium citrate. *J Bone Miner Res.* 1988 Jun;3(3):253-8.
5. Nicar MJ, Pak CY. (1985). Calcium bioavailability from calcium carbonate and calcium citrate. *J Clin Endocrinol Metab.* 1985 Aug;61(2):391-3.
6. Reginster JY, Denis D, Bartsch V, Deroisy R, Zegels B, Franchimont P. (1993). Acute biochemical variations induced by four different calcium salts in healthy male volunteers. *Osteoporos Int.* 1993 Sep;3(5):271-5.
7. Sakhaee K, Poindexter JR, Griffith CS, Pak CY. (2004). Stone forming risk of calcium citrate supplementation in healthy postmenopausal women. *J Urol.* 2004 Sep;172(3):958-61.

Each tablet contains:

Calcium citrate	1244.9 mg
(equiv. to Calcium	300 mg)
Magnesium oxide-Heavy	248.8 mg
(equiv. to Magnesium	150 mg)
Zinc oxide	9.34 mg
(equiv. to Zinc	7.5 mg)
Manganese sulphate monohydrate	5.54 mg
(equiv. to Manganese	1.8 mg)
Cholecalciferol	6 mcg
(equiv. to Vitamin D3	240 IU)

Lactose free

Flavour free

Gluten Free

Preservative Free

Dosage: Adults take two to three tablets daily, children take one to two tablets daily or as directed by your healthcare professional.

Vitamins can only be of assistance if the dietary vitamin intake is inadequate