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# ONCE A DAY EFFERVESCENT CALCIUM 1000MG & VITAMIN D

For Bones & Teeth

## Nutritional Information

One tablet provides:

\*\*\*NRV

Calcium	1000 mg	125
Vitamin D3	20 µg (800 iu)	400

\*NRV = Nutrient Reference Values

Take one tablet daily dissolved in a glass of water.



- A combination of high strength calcium and vitamin D
- Quick releasing for rapid absorption
- Delicious tasting effervescent tablet

## DESCRIPTION

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Once A Day Effervescent Calcium 1000mg & Vitamin D provides calcium and vitamin D needed for the maintenance of normal bone, teeth and muscle function. Supplementing with calcium and vitamin D may help reduce the risk of bone fractures and the risk of progression of osteoporosis. Women of menopausal age are recommended to take a calcium and vitamin D supplement for bone health. Calcium also supports energy metabolism and the actions of digestive enzymes.

Calcium supplementation is also recommended for both elderly men and women to help support efficient absorption of nutrients from the diet in later years. Vitamin D, included as a synergistic nutrient, helps to maintain normal blood calcium levels to reduce loss of bone material and also helps to support immune function.

## ONCE A DAY EFFERVESCENT CALCIUM 1000MG AND VITAMIN D FOR BONES AND TEETH

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**Calcium, a structural component of bone:** Calcium is the major structural component of bone in the form of a calcium phosphate salt called hydroxyapatite. Evidence suggests that peak bone mass and subsequent bone losses are related to calcium intake. Calcium and vitamin D supplementation has been demonstrated in a large number of clinical trials to reduce the risk of fracture, bone loss and to reduce the risk of osteoporosis.

**Calcium absorption:** Vitamin D is a major stimulator of intestinal calcium absorption and facilitates cellular calcium absorption. Vitamin D is often found to be deficient in modern civilisations due to our lack of sunlight, and supplementation is recommended to anyone at risk of deficiency or bone disorders.

**Osteoblast stimulation:** Vitamin D promotes osteoblast (bone secreting cell) differentiation and bone matrix calcification.

Vitamin D binds to VDR receptors on the osteoblasts to stimulate calcification.

**Regulating disordered bone metabolism:** Vitamin D is an immune regulator and aids with self-tolerance, T and B lymphocytes and immune regulatory cells. People with autoimmune conditions and autoantibodies generally have disordered bone metabolism which can result in bone mineral loss. This is partially due to the way in which inflammatory markers interact with bone cells<sup>2</sup>, and the presence of osteoprotegerin antibodies which occur in a variety of autoimmune conditions<sup>3</sup>. Increasing vitamin D levels may help to regulate these antibodies and slow disease progression.

## ONCE A DAY EFFERVESCENT CALCIUM 1000MG AND VITAMIN D FOR MUSCLE HEALTH

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**Muscle contraction:** Calcium is required in the body for the normal contraction of muscles. It is required for excitation of nerves and stimulation of muscle contraction.

**Inflammation inhibitor:** Vitamin D inhibits inflammatory cytokines which has an impact on specific and non-specific pain. Inadequate vitamin D results in a source of nociception, a response from the nervous system to potentially harmful stimuli. Low vitamin D also results in impaired neuromuscular functioning among patients with chronic pain.<sup>4</sup>

One study shows a high prevalence of inadequate vitamin D levels in patients with non-specific musculoskeletal pain, headache or fatigue<sup>5</sup>.

## WHAT ELSE IS CALCIUM USED FOR IN THE BODY?

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**Digestive Enzymes:** Calcium is required for the stimulation of pancreatic cells to produce digestive enzymes. Trypsinogen is formed in the pancreas and activates trypsin, a protease enzyme, in the small intestine.

**Energy metabolism:** The flow of calcium in and out of the cells is essential for cellular function. A steady calcium flow is required for the cells to effectively make energy.<sup>6</sup>

## ARE THERE ANY PRECAUTIONS BEFORE OR WHILE TAKING ONCE A DAY CALCIUM 1000MG AND VITAMIN D EFFERVESCENT?

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This product is intended exclusively for adults and is not recommended for:

- Children
- Consult a health professional before use if pregnant or breastfeeding
- Consult a health professional before taking alongside medication.

## FEATURES

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- Helps to maintain strong bones and reduce the risk of progression of osteoporosis.
- Helps reduce the risk of bone fracture and bone loss.
- Vitamin D3 for higher yields of calciferol.
- High strength 1000 mg of calcium.

## HEALTH NEEDS

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BONES



JOINTS & MUSCLES

## SCIENTIFIC REFERENCES

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1. J Investig Med. 2011; 59(6): 881–886.
2. Calcif Tissue Int. 2017.
3. Bone Abstracts.2013;1:PP383.
4. J Investig Med. 2011; 59(6): 881–886.
5. Pain Med. 2008;9(8):979–84.
6. Cell. 2010; 142; 2; 270–283

