

# ISOTONIX® CALCIUM PLUS

## Isotonix®

The world's most advanced nutraceuticals

SUPPORTS SKELETAL HEALTH

HEALTHY TEETH AND GUMS

MAY REDUCE THE RISK OF  
OSTEOPOROSIS

CARDIOVASCULAR HEALTH



PRODUCT SKU: 13020 | 90 SERVINGS

### Why Choose Isotonix® Calcium Plus?

Even though there are many calcium supplements on the market, only Isotonix Calcium Plus delivers a powerful package of calcium with complementary nutrients in an isotonic delivery form. The mineral calcium is essential for building and maintaining strong bones. However, most calcium supplements are in tablet form, which makes it difficult for the body to absorb the nutrients it needs. In addition to the isotonic delivery, Isotonix Calcium Plus includes vitamin D3 and magnesium, two ingredients that are necessary to aid in the absorption and use of calcium.

### Why should I take calcium?

According to the Surgeon General, taking a calcium supplement daily is key to preventing and treating calcium deficiency and to helping reduce the risk of osteoporosis. Currently, osteoporosis affects over one-third of postmenopausal women in this country.

Everyone needs calcium. Practically no one ingests enough calcium in their daily diet. Besides being helpful in supporting and maintaining bone integrity, calcium serves a dynamic role as a mineral. It's very important in supporting the activity of many bodily enzymes and maintaining proper fluid balance. Isotonix Calcium Plus also promotes the normal contraction of skeletal and muscle.

### I've heard calcium is great for PMS? How so?

In a study conducted by the US Department of Agriculture's Human Nutrition Research Center, it was found that women on a high calcium diet had decreased irritability, cramping and bloating associated with PMS. Ovarian hormones affect calcium, magnesium and vitamin D metabolism. Estrogen regulates calcium metabolism, intestinal calcium absorption and parathyroid gene expression and secretion, triggering fluctuations across the menstrual cycle. As a woman menstruates, her hormones are "all over the place." Clinical trials in women with PMS have found that calcium supplementation helps reduce mood and somatic symptoms associated with PMS.\*

### What is the suggested age to begin taking Isotonix® Calcium Plus?

Isotonix Calcium Plus is recommended for all adults age 18 or older.