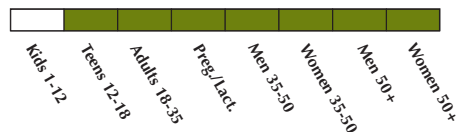


ACTIVE CALCIUM PLUS™ & ACTIVE CALCIUM CHEWABLE™



- A comprehensive aid in the maintenance of healthy bones
- Maintains optimal function of many body processes



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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 re-deposited in the bones. Adequate levels of calcium are needed every day to ensure that bone mineral density is maintained. 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. ACTIVE CALCIUM PLUS™ and ACTIVE CALCIUM CHEWABLE™ are more than calcium supplements, they are carefully formulated, clinically proven bone-building formulas.¹ Both contain high amounts of calcium citrate and carbonate, magnesium, vitamin D, and silicon to optimize bone mineralization and to ensure proper calcium use.^{2,3}

CALCIUM AND YOUR HEALTH

In addition to maintaining healthy bones, calcium is critical to retaining normal nerve conduction, muscle contraction, blood clotting, cell division, and electrical conduction in the heart.⁴ It is also essential for producing and activating enzymes and hormones that regulate digestion, energy, and fat metabolism.⁴

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, and it plays an important role in neuromuscular contractions and helps regulate the acid-alkaline balance in the body.⁴

Magnesium also activates hundreds of enzymes that are essential to life and aid in mobilizing the ATP enzyme system, which is essential for producing much of the energy used by the body. New research shows that magnesium is also helpful in neutralizing free radicals.⁵

VITAMIN D

Vitamin D enhances calcium absorption in the small intestine and calcium utilization in bone formation. Vitamin D also influences the utilization of phosphorus, another mineral that is important for strong bones.^{5,6}

SILICON

Silicon gives stability to all the connective tissues of the body and is essential for proper calcium utilization. Silicon is key to the calcium mineralization of the bone matrix.⁷

WHY ACTIVE CALCIUM PLUS™ & ACTIVE CALCIUM CHEWABLE™?

ACTIVE CALCIUM PLUS and ACTIVE CALCIUM CHEWABLE are more than a calcium supplement; they are 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 PLUS and ACTIVE CALCIUM CHEWABLE contain a proven dosage of calcium in a bioavailable form in only four tablets per day for the maintenance of bone health.^{3,4}

A double-blind, placebo-controlled USANA study assessed the impact of ACTIVE CALCIUM CHEWABLE on bone development and bone mineralization in 81 preadolescent girls. Half of the group was assigned at random to receive ACTIVE CALCIUM CHEWABLE, and

OPTIMIZERS/SKELETON/STRUCTURAL

half received a placebo supplement. After 12 months of supplementation, girls receiving ACTIVE CALCIUM CHEWABLE showed a net gain (1.41 per cent) in bone mineral density, while girls in the placebo group showed a net decline (-0.94 per cent). Gains in bone mineral content were also greater in the active treatment group than in the placebo group (5.38 per cent versus 0.69 per cent respectively).¹

References

1. Wood T, McKinnon T. USANA Clinical Research Bulletin 2001;8. <http://www.usana.com/media/Files/dotCom/company/science/crb/8CRB.pdf>
2. Heaney RP, et al. Osteoporosis Int 1999;9:19-23.
3. Heaney RP, et al. J Am Coll Nutr 2001;20:239-46.
4. Bowman A, Russell R eds. Present Knowledge in Nutrition. Washington DC:ILSI; Press 2001.
5. Ziegler E, Filer, Jr., eds. Present Knowledge in Nutrition. Washington DC: ILSI Press; 1996.
6. Inst of Med, Food and Nutrition Board. Dietary Reference Intakes: Calcium, Phosphorus, Magnesium, Vitamin D and Fluoride. Washington DC, Ntrl Ac Pr; 1999.
7. Groff JL, et al. Advanced Nutrition and Human Metabolism. New York: West Publishing; 1995.

ACTIVE CALCIUM PLUS^{MC}

RECOMMENDED ADULT DOSE: TAKE FOUR (4) TABLETS DAILY, PREFERABLY WITH MEALS.
DOSE RECOMMANDÉE POUR ADULTES : PRENDRE QUATRE (4) COMPRIMÉS PAR JOUR, DE PRÉFÉRENCE LORS DES REPAS.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION WHERE APPLICABLE. / TESTÉ EN LABORATOIRE, QUALITÉ GARANTIE, CONFORME AUX NORMES USP EN MATIÈRE DE PUISSANCE, D'HOMOGENÉITÉ ET DE DISINTEGRATION, LE CAS ÉCHÉANT.

EACH TABLET CONTAINS:		CHAQUE COMPRIMÉ CONTIENT :	
CALCIUM (CITRATE AND CARBONATE)	200 mg	CALCIUM (CITRATE ET CARBONATE)	
MAGNESIUM (CITRATE, HVP*)	100 mg	MAGNESIUM (CITRATE, CHÉLATE DE PVH*, ET OXYDE)	
VITAMIN D3 (CHOLECALCIFEROL)	100 IU	VITAMINE D3 (CHOLECALCIFÉROL)	
SILICON (HVP*) CHÉLATE	2.25 mg	SILICON (CHÉLATE DE PVH*)	
(* HYDROLYZED VEGETABLE PROTEIN / * PROTÉINES VÉGÉTALES HYDROLYSÉES)			

NON-MEDICINAL INGREDIENTS / INGRÉDIENTS NON MÉDICINAUX: PREGELATINIZED STARCH, MICROCRYSTALLINE CELLULOSE, ASCORBYL PALMITATE, DEXTRIN, CROSCARMELLOSE SODIUM, DEXTROSE / AMIDON PRÉGÉLATINISÉ, CELLULOSE MICROCRYSTALLINE, PALMITATE D'ASCORBYLE, DEXTRINE, CROSCARMELLOSE SODIQUE, DEXTROSE.

ACTIVE CALCIUM CHEWABLE™

RECOMMENDED USE: HELPS PROMOTE STRONG, MINERAL RICH BONES TO MINIMIZE THE RISK OF OSTEOPOROSIS. / **UTILISATION RECOMMANDÉE :** FAVORISE LA DENSITÉ MINÉRALE ET LA SOLIDITÉ DES OS. RÉDUIT LE RISQUE D'OSTÉOPOROSE.

DIRECTIONS: ADULTS AND CHILDREN OVER 12, TAKE 2-4 TABLETS DAILY WITH MEALS. / **MODE D'EMPLOI :** ADULTES ET ENFANTS ÂGÉS DE 12 ANS ET PLUS, PRENDRE 2-4 COMPRIMÉS À CROQUER PAR JOUR AVEC LES REPAS.

EACH TABLET CONTAINS:		CHAQUE COMPRIMÉ CONTIENT :	
CALCIUM (CITRATE, CARBONATE)	200 mg	CALCIUM (CITRATE, CARBONATE)	
MAGNESIUM (OXIDE, CITRATE)	100 mg	MAGNESIUM (OXYDE, CITRATE)	
VITAMIN D3 (CHOLECALCIFEROL)	2.5 mcg	VITAMINE D (CHOLECALCIFÉROL)	

NON-MEDICINAL INGREDIENTS: HONEY POWDER, FRUCTOSE, SOY LECITHIN, XYLITOL, VEGETABLE STEARIC ACID, CITRIC ACID, MALTODEXTRIN, GUAR GUM, NATURAL FLAVOUR, MALIC ACID, RICE PROTEIN HYDROLYSATE, CALCIUM SILICATE.

INGRÉDIENTS NON MÉDICINAUX : POUDRE DE MIEL, FRUCTOSE, LÉCITHINE DE SOYA, XYLITOL, ACIDE STÉARIQUE VÉGÉTALE, ACIDE CITRIQUE, MALTODEXTRINE, GOMME DE GUAR, AROMÉ NATUREL, ACIDE MALIQUE, HYDROLYSATE DE PROTÉINE DE RIZ, SILICATE DE CALCIUM.



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