

Active Calcium Plus™ & Active Calcium Chewable™

Complete bone health formula for adolescents and adults

Health Basics

- Supports development and maintenance of bones, cartilage, teeth, and gums
- Helps maintain strong, mineral-rich bones and healthy teeth

Did You Know?

- **Active Calcium Plus**, the **Essentials™**, and an antioxidant booster are conveniently packaged in AM and PM doses with the **HealthPak™**.

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 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.

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 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 half received a placebo supplement.

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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/File/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, Ntl Ac Pr; 1999.
7. Groff JL, et al. Advanced Nutrition and Human Metabolism. New York: West Publishing; 1995.



- Cardiovascular
- Cellular Metabolic
- Skeleton/Structural
- Endocrine
- Brain/Nervous
- Digestive

Optimizers: Skeleton/Structural

Active Calcium Plus™

RECOMMENDED USE: HELPS IN THE MAINTENANCE OF BONES AND TEETH. / **USAGE RECOMMANDÉ:** CONTRIBUE AU MAINTIEN DE LA SANTÉ DES OS ET DES DENTS.

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.

EACH TABLET CONTAINS: MEDICINAL INGREDIENTS:		CHAQUE COMPRIMÉ CONTIENT: INGRÉDIENTS MÉDICINAUX:
CALCIUM (CITRATE AND CARBONATE)	200 mg	CALCIUM (CITRATE ET CARBONATE)
MAGNESIUM (CITRATE, HVP* CHELATE, AND OXIDE)	100 mg	MAGNÉSIUM (CITRATE, CHÉLATE DE PVH* ET OXYDE)
VITAMIN D3 (CHOLECALCIFEROL)	100 IU	VITAMINE D3 (CHOLECALCIFÉROL)
VITAMIN K (PHYLLQUINONE)	15 µg	VITAMINE K (PHYLLOQUINONE)
SILICON (CALCIUM SILICATE)	2.25 mg	SILICIUM (SILICATE DE CALCIUM)

(*HYDROLYZED VEGETABLE PROTEIN / *PROTÉINES VÉGÉTALES HYDROLYSÉES)

NON-MEDICINAL INGREDIENTS: MICROCRYSTALLINE CELLULOSE, HYDROXYPROPYL CELLULOSE, RICE PROTEIN HYDROLYSATE, ASCORBYL PALMITATE, DEXTRIN, SODIUM CARBOXYMETHYL CELLULOSE, DEXTROSE, SOY LECITHIN, SODIUM CITRATE. / **INGRÉDIENTS NON MÉDICINAUX:** CELLULOSE MICROCRISTALLINE, HYDROXYPROPYLCELLULOSE, HYDROLYSAT DE PROTÉINE DE RIZ, PALMITATE D'ASCORBYLE, DEXTRINE, CARBOXYMETHYLCELLULOSE DE SODIUM, DEXTROSE, LÉCITHINE DE SOYA, CITRATE DE SODIUM.

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

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Active Calcium Chewable™

RECOMMENDED USE: HELPS IN THE MAINTENANCE OF BONES AND TEETH. HELPS TO PREVENT BONE RESORPTION AND OSTEOPOROSIS. / **USAGE RECOMMANDÉ:** CONTRIBUE AU MAINTIEN DE LA SANTÉ DES OS ET DES DENTS. AIDE À PRÉVENIR LA RÉSORPTION OSSEUSE ET L'OSTÉOPOROSE.

DIRECTIONS: ADULTS 19 AND OVER CHEW 2-4 TABLETS DAILY WITH MEALS. CHILDREN 12-18 CHEW 2-3 TABLETS DAILY WITH MEALS. / **MODE D'EMPLOI:** ADULTES AGÉS DE 19 ANS ET PLUS: CROQUER DE 2 À 4 COMPRIMÉS PAR JOUR EN MANGEANT. ENFANTS DE 12 À 18 ANS: CROQUER 2 OU 3 COMPRIMÉS PAR JOUR EN MANGEANT.

EACH TABLET CONTAINS: MEDICINAL INGREDIENTS:		CHAQUE COMPRIMÉ CONTIENT: INGRÉDIENTS MÉDICINAUX:
CALCIUM (CITRATE, CARBONATE)	200 mg	CALCIUM (CITRATE, CARBONATE)
MAGNESIUM (OXIDE, CITRATE)	100 mg	MAGNÉSIUM (OXYDE, CITRATE)
VITAMIN D3 (CHOLECALCIFEROL)	100 IU	VITAMINE D (CHOLECALCIFÉROL)
SILICON (CALCIUM SILICATE)	2.25 mg	SILICIUM (SILICATE DE CALCIUM)

NON-MEDICINAL INGREDIENTS: NATURAL HONEY FLAVOUR, FRUCTOSE, SOY LECITHIN, XYLITOL, VEGETABLE STEARIC ACID, CITRIC ACID, MALTODEXTRIN, GUAR GUM, NATURAL VANILLA, ORANGE, LEMON, AND LIME FLAVOURS, MALIC ACID, RICE PROTEIN HYDROLYSATE. / **INGRÉDIENTS NON MÉDICINAUX:** POUDRE DE MIEL, FRUCTOSE, LÉCITHINE DE SOYA, XYLITOL, ACIDE STÉARIQUE VÉGÉTALE, ACIDE CITRIQUE, MALTODEXTRINE, GOMME DE GUAR, ARÔME NATUREL, ACIDE MALIQUE, HYDROLYSAT DE PROTÉINE DE RIZ.

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

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