

Dyna-Cal
Bone health

DESCRIPTION

Dyna-Cal tablets from Douglas Laboratories® provide 1,500 mg of elemental calcium from a calcium complex, together with significant amounts of vitamin D3 and magnesium complex. Other important nutrients are included to assist the body in maintaining a healthy bone structure. †

FUNCTIONS

The adult human body contains approximately 1,200 g of calcium, about 99% of which is present in the skeleton, and 20-30 g of magnesium with about 60% located in bone. Bone is constantly turning over, a continuous process of formation and resorption. In children and adolescents, the rate of formation of bone mineral predominates over the rate of resorption. In later life, resorption predominates over formation. Therefore, in normal aging, there is a gradual loss of bone. Intestinal calcium absorption ranges from 15 to 75% of ingested calcium. Vitamin D is a key regulatory hormone for calcium and bone metabolism. Adequate vitamin D status is essential for ensuring normal calcium absorption and maintenance of healthy calcium plasma levels. Numerous scientists now feel that supplementation with vitamin D at levels greater than previously thought necessary is critical to helping maintain healthy bone remodeling and healthy vitamin D plasma levels.†

Magnesium absorption is independent of vitamin D status and ranges from 30 to 60% of ingested magnesium. It is generally accepted that obtaining enough dietary calcium throughout life may increase bone mineral density. Among other factors, such as regular exercise, gender and race, calcium supplementation during childhood and adolescence appears to be a prerequisite for maintaining adequate bone density later in life.

Dyna-Cal provides a highly beneficial source of dietary calcium together with other nutrients that assist in the maintenance of healthy bone structure and function. For example, boron affects the composition, structure, and strength of bone. It appears to be necessary for calcium and magnesium absorption, their adequate renal reabsorption, and their incorporation into the bone matrix. †Boron is absorbed at about 90% efficiency and is rapidly distributed among the tissues.

INDICATIONS

Dyna-Cal tablets may be a useful dietary supplement for individuals desiring adequate intakes of calcium, magnesium, Vitamin D and other nutritional factors for supporting bone health.

FORMULA (#202036)

Four Tablets Contain:

Calcium.....	1,500 mg
(from Calcium Carbonate/Citrate)	
Magnesium (from Magnesium Oxide/Citrate)	420 mg
Manganese (from Manganese Sulfate)	10 mg
Vitamin C (Ascorbic Acid)	80 mg
Vitamin D-3	1,000 I.U.
Vitamin E	20 I.U.
Boron (as Boron Citrate)	400 mcg
Betaine HCl.....	80 mg
Glutamic Acid HCl.....	20 mg

SUGGESTED USE

Adults take 4 tablets daily with meals or as directed by a healthcare professional.

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SIDE EFFECTS

No adverse side effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

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For more information on Dyna-Cal visit douglaslabs.com

† These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

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