

## Calcium Citrate

### DESCRIPTION

Calcium Citrate supplies 250 mg of elemental calcium from calcium citrate. Calcium is a primary mineral for building the strong structure of bones and teeth. †

### INDICATIONS

- Support for bone health†

### FUNCTIONS AND MECHANISM OF ACTION

The adult human body contains approximately 1 to 2 percent calcium, about 99% of which is present in the skeleton. Bone is constantly turning over, a continuous process of formation and resorption. In children and adolescents, the rate of bone mineral formation predominates over the rate of resorption. In later life, resorption predominates over formation. Therefore, in normal aging, there is a gradual loss of bone. Calcium citrate provides a highly beneficial source of dietary calcium that assists in the maintenance of healthy bone structure and function. In addition, calcium is essential to maintain and perform cellular signaling in many physiological functions, including muscle contraction, neuronal excitability, and cell growth.†

### FORMULA (#202546)

Serving Size 1 Tablet:

Calcium (as Calcium Citrate).....250 mg

Other ingredients: Croscarmellose sodium, ascorbyl palmitate, and coating (hypromellose, glycerin)

### SUGGESTED USE

Adults take 1 tablet, 1-4 times daily with a meal or as directed by a health professional.

### WARNING

If you are pregnant, nursing, have any health condition or taking any medication, consult your health professional before using this product.

### STORAGE

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

### REFERENCES

Institute of Medicine (US) Standing Committee on the Scientific Evaluation of Dietary Reference Intakes. Washington (DC): *National Academies Press* (US), 1997.

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Quesada Gómez JM, Blanch Rubió J, Díaz Curiel M, Díez Pérez A. *Clin Drug Investig*. 2011;31(5):285-98.

Giorgi C, Marchi S, Pinton P. *Nat Rev Mol Cell Biol*. 2018;19(11):713-730.

**For more information on Calcium Citrate visit [douglaslabs.com](http://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.

Manufactured by

Douglas Laboratories  
112 Technology Drive  
Pittsburgh, PA 15275  
800-245-4440  
douglaslabs.com



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