

Calcium Citrate

DESCRIPTION

Calcium Citrate tablets, provided by Douglas Laboratories®, supplies 250 mg of elemental calcium from calcium citrate. Calcium is a primary mineral for building the strong structure of bones and teeth.

FUNCTIONS

The adult human body contains approximately 1,200 g of 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 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. It is generally accepted that obtaining enough dietary calcium throughout life supports bone health. 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. Calcium citrate provides a highly beneficial source of dietary calcium that assists in the maintenance of healthy bone structure and function. †

INDICATIONS

Calcium Citrate tablets may be a useful dietary supplement for those who wish to increase their intake of calcium for maintaining the function and structure of their bones.

FORMULA (#7409)

1 Tablet Contains:

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

SUGGESTED USE

Adults take 1 tablet daily or as directed by a healthcare professional.

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 Calcium Citrate 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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