

# Calcium Plus



**Formulated for maximum bioavailability! Critical to the bone structure, Calcium Plus is formulated with calcium carbonate and the necessary minerals which can help to ensure proper absorption, this balance helps to combat the deterioration of bone mass and the development of osteoporosis. As an example of Arbonne's commitment to your health, a complementary and complimentary bottle of Calcium Plus is automatically shipped with every order of Complete Essentials for Women I and II.**

**Recommended For:** Men, women and teens.

**When to Use:** Morning and evening with meals.

**Usage:** 2 tablets daily.

## Arbonne's Calcium Plus

- Highest concentration of elemental calcium
- Pure, natural source
- Combined with manganese, magnesium and boron, to provide the necessary mineral co-factors important for proper mineralization of bones
- pH balanced and buffered to maintain correct absorption conditions
- Guaranteed disintegration time for maximum bioavailability
- Meets present and future lead content issues without resorting to artificial processing steps

### Nutrient

Calcium  
Magnesium  
Manganese  
Boron  
Betaine

### Source

calcium carbonate  
oxide  
sulfate  
amino acid chelate  
hydrochloride

### 2 tablets contain:

Nutrients	Amount	% Daily Value
Calcium	600 mg	60
Magnesium	30 mg	8
Manganese	10 mg	500
Boron	150 mcg	*
Betaine HCl	175 mg	*

### Are some calcium supplements better than others?

Osteoporosis has increased over the last ten years and it is not because the population is aging. For various reasons, the rate of bone loss is exceeding the rate of bone formation in many Americans. Actually, an estimated 10 million Americans have osteoporosis and another 18 million have a bone density that isn't quite osteoporosis, but is still low enough to raise their risk of fracture.

So what can be done? Adequate calcium intake can slow the rate of bone loss and reduce the risk of fractures in most bones. An easy way to make sure you get enough calcium is through supplementation.

The key factor here is bioavailability (or how quickly and how much of the nutrient is absorbed). This can depend on several factors, such as substances the calcium is combined with, the acidity of the stomach, disintegration and dissolution, the number of times it is provided during the day and the amount of each dose.

Arbonne's Calcium Plus offers calcium carbonate, which is a preferred form of calcium. Other forms of calcium, such as calcium combined with zinc or aluminum, cannot be broken down into a usable form in the body and can actually accelerate calcium loss from the body. Studies have shown that when compared to other forms of calcium, such as calcium citrate, acetate, lactate and gluconate, calcium carbonate is similarly absorbed, yet less calcium carbonate was required to provide the same effect. In other studies, calcium from calcium carbonate was comparable to calcium absorption from whole milk, showing that calcium carbonate is a highly bioavailable form of calcium.

Unfortunately, not all calcium carbonate supplements are acceptable. Studies have shown that calcium carbonate needs a certain level of stomach acid in order to be absorbed. Arbonne's Calcium Plus contains Betaine HCl to insure the pH level of the stomach is optimal for calcium absorption.

Another factor affecting the bioavailability of calcium is disintegration and dissolution. Tablets can harden with age so their disintegration time may be fine when first made but unacceptable 6 months later. Arbonne's Calcium Plus tablets meet or exceed United States Pharmacopoeia (USP) disintegration time requirements and they are tested to insure that they stay that way.

Studies have also shown that divided doses can improve a day's total absorption by up to 20%. This means that smaller doses taken twice a day are much better than taking a large dose of calcium once a day.

\*Daily Value not established