



Skeletal

# Active Calcium Plus™

Complete bone health formula



Active Calcium Plus is more than just calcium—it is a carefully formulated, comprehensive bone health supplement.

## THE BENEFITS OF ACTIVE CALCIUM PLUS

Calcium is necessary for human life. Our body uses calcium for blood clotting, nerve conduction, cell division, and other physiological functions. To support these processes, calcium is frequently pulled from our bones, where 99 per cent of our body's calcium is found. Dietary calcium, along with other nutrients, is then used to help remodel our bone structure. But if our body consistently uses more calcium than is replaced within the bones, it may lead to bone loss.

Our bodies cannot produce calcium. This is why consuming proper amounts of this essential mineral is so crucial: adequate calcium, as part of a healthy diet, may help prevent bone loss. Most adults should consume 1000–1200 mg of calcium from food and supplements per day. USANA's Active Calcium Plus can help ensure you get sufficient amounts of calcium every day to help in the maintenance of your bones and teeth.

## THE SCIENCE OF ACTIVE CALCIUM PLUS

Our entire skeletal structure is not static. It constantly remodels itself, and every 10 years, we have an entirely new skeleton. This remodelling process requires sufficient amounts of calcium and vitamin D to form the bones properly. And, if there isn't enough calcium or vitamin D available from the diet, it can result in bone loss and, possibly, osteoporosis. Adequate calcium and vitamin D as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life.

Vitamin D enhances both calcium absorption in the small intestine and calcium utilization in bone formation. Without sufficient vitamin D, bones can become thin, brittle, or misshapen. It also influences the utilization of phosphorus, another mineral that is important for the bone remodeling process.

An essential nutrient that plays a key role in the bone remodelling process, magnesium helps in the development and maintenance of bones and teeth. Approximately 60–70 per cent of the magnesium in the body is found in the skeleton, and higher intakes have been associated with higher levels of bone mineral density. Supplementing is especially important for middle-aged or older adults who are not receiving sufficient amounts of magnesium from their diet.

## THE USANA DIFFERENCE

Active Calcium Plus combines two forms of highly absorbable, elemental calcium with additional bone-supporting ingredients that all complement each other to give you the best support for healthy bones, so your skeleton can continue to be your strongest supporter.

ITEM #120

**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. TAKE A FEW HOURS BEFORE OR AFTER TAKING OTHER MEDICATIONS. / **DOSE RECOMMANDÉE POUR ADULTES:** PRENDRE QUATRE (4) COMPRIMÉS PAR JOUR, DE PRÉFÉRENCE AVEC LES REPAS. PRENDRE QUELQUES HEURES AVANT OU APRÈS LA PRISE D'AUTRES MÉDICAMENTS.

**EACH TABLET CONTAINS:** MEDICINAL INGREDIENTS

MEDICINAL INGREDIENTS		CHAQUE COMPRIMÉ CONTIENT : INGÉDIENTS MÉDICINAUX	
CALCIUM (CITRATE AND CARBONATE)	200 mg	CALCIUM (CITRATE ET CARBONATE)	
MAGNESIUM (CITRATE, HVP* CHELATE, AND OXIDE)	100 mg	MAGNESIUM (CITRATE, CHÉLATE DE PVH* ET OXYDE)	
VITAMIN D3 (CHOLECALCIFEROL)	2.5 µg	VITAMINE D3 (CHOLECALCIFÉROL)	
VITAMIN K (PHYLOQUINONE)	15 µg	VITAMINE K (PHYLOQUINONE)	
SILICON (CALCIUM SILICATE)	2.25 mg	SILICIUM (SILICATE DE CALCIUM)	

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

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

**KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION. CONSULT YOUR PHYSICIAN PRIOR TO USE IF YOU ARE TAKING BLOOD THINNERS. SOME PEOPLE MAY EXPERIENCE DIARRHOEA. / GARDER HORS DE LA PORTEE DES ENFANTS. CONSULTEZ VOTRE MÉDECIN SI VOUS ÊTES ENCEINTE, ALLAITÉZ, PRENEZ UN MÉDICAMENT DELIVRÉ SUR ORDONNANCE, OU SOUFFREZ D'UN PROBLÈME DE SANTÉ. CONSULTEZ VOTRE MÉDECIN AVANT D'UTILISER CE PRODUIT SI VOUS PRENEZ UN ANTICOAGULANT. CERTAINES PERSONNES POURRAIENT SOUFFRIR DE DIARRHÉE.**

**THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING. / CE FLACON EST SCÉLÉ. N'UTILISER PAS LE CONTENU SI LA FERMETURE DE SÉCURITÉ EST ENDOMMAGÉE OU ABSENTE.**

**USANA HEALTH SCIENCES, INC. SALT LAKE CITY, UTAH 84120**  
**DISTRIBUTED BY: / DISTRIBUÉ PAR: USANA CANADA COMPANY**  
**80 INNOVATION DRIVE, WOODBRIDGE, ONTARIO L4H 0T2**  
**STORE BELOW 25 °C / CONSERVER À UNE TEMPÉRATURE INFÉRIEURE À 25 °C**

## References

- Adams J, Pepping J. Vitamin K in the treatment and prevention of osteoporosis and arterial calcification. 2005. Am J Health Syst Pharm 62(15):1574-81.
- Bodnar LM, Simhan HN, Powers RW, Frank MP, Cooperstein E, Roberts JM. High Prevalence of Vitamin D Insufficiency in Black and White Pregnant Women Residing in the Northern United States and Their Neonates. 2007. J Nutr 137:447-52.
- Dørup I, Clausen T. Effects of magnesium and zinc deficiencies on growth and protein synthesis in skeletal muscle and the heart. 1991. British Journal of Nutrition 66:493-504.
- Food and Nutrition Board, Institute of Medicine. Calcium, Dietary Reference Intakes: Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride. 1997. Washington, D.C.: National Academy Press; 71-145.
- Gennari C. Calcium and vitamin D nutrition and bone disease of the elderly. 2001. Public Health Nutr 4(2B):547-59.
- Kalkwarf HJ, Khoury JC, Lanphear BP. Milk intake during childhood and adolescence, adult bone density, and osteoporotic fractures in US women. 2003. Am J Clin Nutr 77(1):257-65.
- Meacham SL, Taper LJ, Volpe SL. Effect of boron supplementation on blood and urinary calcium, magnesium, and phosphorus, and urinary boron in athletic and sedentary women. 1995. Am J Clin Nutr 61(2):341-5.
- National Institutes of Health. Osteoporosis Prevention, Diagnosis, and Therapy. 2000. NIH Consensus Statement 17(1):1-36.
- Nieves JW. Osteoporosis: the role of micronutrients. 2005. Am J Clin Nutr 81(5):1232S-9S.
- Shearer MJ. The roles of vitamins D and K in bone health and osteoporosis prevention. 1997. Proc Nutr Soc 56(3):915-937.

LR 000403