



Nutritional support for healthy bones, bone mineralization, nervous system health and hormone and enzyme secretion

APPLICATIONS / BENEFITS

- Supplied in highly absorbable citrate form plus vitamin D3 to enhance calcium absorption
- Supports age-related loss of bone mass
- Promotes skeletal strength
- Promotes nerve transmission, muscle relaxation and colon health

OVERVIEW

Bone mass naturally declines with age, and 55 percent of men and 78 percent of women aged 20 and over fail to get the recommended amount of calcium. **Patient One Calcium Citrate** supplies a highly absorbable and bioavailable form of calcium for optimal support of bone health, peak bone mineralization and overall skeletal strength. Calcium citrate also promotes nerve transmission, muscle relaxation and colon health. Our formula includes 400 IU of vitamin D3 to enhance calcium absorption and utilization, optimizing bone health benefits and supporting peak bone mass at all stages of life.

KEY INGREDIENTS

Calcium Citrate:

Calcium is the most abundant mineral in the body, predominantly found in the bones and teeth. It is essential for multiple body functions including healthy bones, muscle contraction, blood vessel contraction and expansion, the secretion of hormones and enzymes, and sending messages through the nervous system. Calcium is a vital mineral that is often poorly supplied, ineffectively absorbed, or excreted faster than it is being assimilated.⁽⁷⁾

Each day, calcium is lost through skin, nails, hair, sweat, urine and feces, and the human body cannot produce new calcium.⁽²⁾ Calcium deficiency often leads to the loss of bone mass (Osteoporosis). Loss of bone starts in women at the time of menopause and in men at about age 55 and leads to an increase in fracture rates in both

sexes.⁽¹⁾ Patient One presents calcium in its citrate form, the form generally preferred and recommended by healthcare providers because the citrate salt of calcium has been documented to be well absorbed and utilized by the body.⁽³⁻⁶⁾

Vitamin D3:

Patient One combines calcium citrate with cholecalciferol, a highly absorbable and bioavailable form of vitamin D, for enhanced nutritional benefits for the skeletal, cardiovascular and immune systems. The addition of vitamin D3 is also important because it stimulates calcium absorption and promotes healthy bone density.⁽¹⁶⁾ Vitamin D3 is most noted for optimizing calcium bioavailability, thereby promoting peak bone mass and bone strength.

Vitamin D levels decline with age. 75% of Americans fail to reach recommended daily vitamin D intake, which doubles between ages 51 and 70, and triples over age 71 – making vitamin D supplementation increasingly important as we age. D3's ability to promote normal cell growth and metabolism provides additional benefits for cardiovascular, breast, colon, prostate and immune system health.

The Incidence of Fracture by Gender



For Women
50% risk: One out of two women over age 50 will have an osteoporosis-related fracture in her lifetime.



For Men
25% risk: One out of four men over age 50 will have an osteoporosis-related fracture in his lifetime.

*Harvard Health Publications

Osteoporosis will take on increasing significance as people live longer. Osteoporotic fractures represent a major public health issue. In the U.S. alone, 10 million individuals already have osteoporosis and a further 34 million more have low bone mass, placing them at increased risk for this disorder. —Journal of Nutrition 2007

RESEARCH

- In the National Institutes of Health Study of Osteoporotic Fractures—a landmark observational study of almost 10,000 women ages 65 and older—researchers looked at characteristics that are significantly more common among women who have osteoporosis than among those who don't. The results of this and other osteoporosis studies provide insight into the factors that can predispose certain women to osteoporosis. These include age, body type, family history, ethnicity, estrogen levels, low calcium and vitamin D levels, inactivity, smoking, excessive use of alcohol, medications, and certain medical conditions.

- In a meta-analysis of 12 clinical trials totaling over 42,000 adults age 65 and up, researchers found that vitamin D supplementation (at a daily level of 400 international units and above) reduced hip fractures by 18% and reduced non-vertebral fractures by 20%. According to the 2004 Surgeon General's Report on Bone Health and Osteoporosis: "The Surgeon General wants you to know that you can improve your bone health by getting enough calcium, vitamin D, and physical activity."

REFERENCES

- Nutrition. 1997 Jul-Aug; 13(7-8):664-86
- www.nof.org
- Am J Ther. 1999 Nov;6(6):313-21.
- J Clin Pharmacol. 2000 Nov;40(11):1237-44.
- Nutr Clin Pract. 2007 Jun;22(3):286-96.
- Adv Food Nutr Res. 2008;54:219-346.
- Am J Clin Nutr. 2004 Aug;80(2):264-70.
- Segal E, Zinman C, Raz B, Ish-Shalom S. Low patient compliance—a major negative factor in achieving vitamin D adequacy in elderly hip fracture patients supplemented with 800IU of vitamin D3 daily. Arch Gerontol Geriatr. 2009 Nov-Dec;49(3):364-7.
- Wang, TJ, et al. Vitamin D Deficiency and Risk of Cardiovascular Disease. Circulation 2008;117;503-511.

- Bischoff-Ferrari et al. Prevention of Nonvertebral Fractures With Oral Vitamin D and Dose Dependency: A Meta-analysis of Randomized Controlled Trials. Archives of Internal Medicine, 2009; 169 (6): 551 DOI: 10.1001/archinternmed.2008.600
- Autier P, Gandini S. Vitamin D supplementation and total mortality: a meta-analysis of randomized controlled trials. Arch Intern Med 2007;167:1730
- Wang L, Manson JE, Song Y, Sesso HD. Systematic review: Vitamin D and calcium supplementation in prevention of cardiovascular events. Ann Intern Med. 2010 Mar 2;152(5):315-23.
- Ginde AA, Liu MC, Camargo CA Jr. Demographic differences and trends of vitamin D insufficiency in the US population, 1988-2004. Arch Intern Med. 2009 Mar 23;169(6):626-32.
- Baek F, et al. Vitamin D: modulator of the immune system. Curr Opin Pharmacol. 2010 Aug;10(4):482-96. Epub 2010 Apr 27.
- J. Nutr. November 2007 vol. 137 no. 11 2507S-2512S
- Am J Clin Nutr. 2007 Jul;86(1):251-9

Supplement Facts

Serving Size: 3 Capsules

Servings per Container: 30

Amount Per Serving	% DV*	
Vitamin D3 (as cholecalciferol) (400 IU)	10 mcg	50%
Calcium (as calcium citrate)	600 mg	46%

*Daily Values based on 2,000 calorie diet

Other Ingredients: vegetable cellulose (capsule), vegetable stearate, rice flour

Free of: milk, egg, fish, peanuts, crustacean shellfish, soy, tree nuts, wheat, yeast and gluten. Free of ingredients derived from GMOs.

Suggested Use: Take 3 capsules daily in divided doses as a dietary supplement, or as directed by your health practitioner. Store in a cool, dry place.

Caution: If you are pregnant, nursing, or taking any medications, consult your health practitioner before use. Discontinue use and consult your health practitioner if any adverse reactions occur. **Keep out of reach of children.**

Vegetarian

Gluten Free

Non-GMO

Vegetable Caps

The statements in this document have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

(631) 390-9669 info@patientoneformulas.com patientoneformulas.com

415 Oser Avenue, Suite Q1, Hauppauge, NY 11788

Patient One
 MediNutritionals

© MediNutritionals Research LLC 2021