

Calcium Supplement Tablets plus Vitamins, additional Minerals and Herbs.

Xtra-Cal tablets offer one of the most concentrated forms of calcium available in a tablet. It is also formulated with other specially chosen vitamins, minerals and herbs to further benefit skeletal health by providing nourishment for the bones.

Too much coffee, alcohol, animal protein and fatty food intake can all inhibit absorption of Calcium. Xtra-Cal provides a quality top-up to ensure the body's daily requirements are met.

It is possible, that by the time you are 50, you may have lost as much as 25% of your bone mass due to Osteopenia and Osteoporosis.

What causes Osteoporosis and how can you help prevent it?

Studies suggest that the main culprits are high non-dairy protein diets, excessive coffee, or lack of calcium. Protein is an acid-forming substance. When there is an excess of acid, the body tries to neutralise it with alkaline agents (calcium and sodium), which then reduces the body's alkaline reserves. To become less susceptible to Osteoporosis, cut down coffee intake to two cups a day, exercise for 30 minutes every other day and ensure calcium intake is adequate (at least 800 mg daily).



Order Xtra-Cal tablets
from your Distributor
NOW!
#0020

Regular exercise
stimulates and
strengthens the bones



Isn't calcium easy to obtain from the diet?

It should be, but unfortunately, coffee and alcohol rob the body of calcium. High fat and excessive fibre can inhibit the absorption of calcium. 'Yo-Yo' dieting and irregular eating can also affect calcium intake.

When does calcium begin to 'reduce'?

Repair and renewal of our bones is a constant process whether we are asleep or awake. Adults reach peak bone mass in their late twenties. After this point, the bone mass has a tendency to reduce gradually and steadily with age.

What is the significance of calcium and vitamin D?

Only about 20-30% of calcium is actually absorbed from the diet, while the rest is naturally excreted. Vitamin D is an essential aid to Calcium absorption.