



Dello Certified Nutritionals, Inc.  
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## Improve Your Health with the Right Calcium Supplement

Did you know that calcium not only helps maintain healthy bones but also affects your overall wellness? New research shows that calcium is vital for metabolism, fat burning and weight loss as well as nerve, heart and immune function, blood coagulation, cellular energy production and muscle contraction. Most of us don't have enough calcium in our diets to support our bodies' requirements and stay well. The good news is that with a proper calcium supplement, you can optimize your health.

### **You need calcium for bone development and maintenance.**

Accounting for 90 percent of bone and teeth composition, calcium is essential for bone growth and support. After age 35, when estrogen levels decline, you lose bone mass. At menopause, when the body no longer produces estrogen, bone loss accelerates. Additionally, other factors deplete calcium, including thyroid disease, a high sodium and soda intake, inflammatory conditions, chronic steroid use - such as inhalers and nasal sprays, smoking and sedentary lifestyle. Family history of osteoporosis is an additional risk factor. As bone loss progresses, so does risk for osteoporosis and osteopenia. Osteoporosis literally means porous bones. Osteopenia occurs when enough bone mass is lost to increase fracture risk by 40 percent.

### **Prevent osteoporosis with adequate calcium, vitamins D and K, and exercise.**

Studies show that calcium alone may not be enough to prevent osteoporosis. A combination of adequate amounts of vitamin D, vitamin K, essential minerals and weight-bearing exercise is crucial to maintaining healthy bone. [Vitamins D and K](#) enhance calcium and magnesium absorption and reduce their excretion by the kidneys. Vitamin K is important to ensure that calcium is guided to bone, not arterial plaque.

### **Vitamin D**

New research shows that good levels of [vitamin D](#) not only prevent bone loss but also the development of many chronic diseases, including autoimmune diseases, such as arthritis, lupus and multiple sclerosis, adult-onset and type 1 diabetes, cardiovascular disease, cancer, colitis and premenstrual syndrome. Vitamin D is made in the skin in response to sun exposure, but most of us use sunscreen, which blocks the sun rays from stimulating Vitamin D synthesis. With age, the amount of vitamin D made by the skin decreases. For many patients it is necessary to take additional Vitamin D with Vitamin K to achieve optimal blood levels and body stores.

### **Not all forms of calcium are created equal.**

Over-the-counter calcium is usually found in forms such as: calcium oxide, carbonate and calcium citrate and hydroxyapatite, gluconate, chloride, lactate, etc. These forms of calcium can impair digestion, cause constipation, diarrhea, flatulence, nausea and bloating. Calcium carbonate, commonly found in antacids, is safe only for the short term. Continued use is linked to acid rebound and milk-alkali

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syndrome — a serious medical condition that can lead to many detrimental side effects such as kidney failure.

**OsteoForce is an ideal calcium/magnesium formulation with all the necessary cofactors.**

A calcium supplement should be safe, highly absorbable and well retained by targeted tissues.

[OsteoForce™](#) contains a special form of calcium/magnesium and other important minerals, called chelates, meaning they are attached to a protein. This form offers more than double the absorption of other mineral forms on the market, mentioned above.

The daily recommendation for calcium is established anywhere from 1000mg (pre-menopause) to 1500mg (post-menopause). These doses apply to the lower absorption forms of calcium. Due to the excellent absorption of the chelated calcium and magnesium in OsteoForce, **you need only half as much in this supplement form**, which is an average of 4 tabs per day in divided doses. *OsteoForce will not cause constipation or diarrhea.*

**Additional Vitamin D may be necessary as well, depending on your blood levels.**

The right vitamin/mineral intake adds a lot to your quality of life and it's much easier to prevent bone loss than reverse it. We look forward to providing you with the highest quality, complete nutritional care.

Sincerely in health,  
*Maria Dello, CN*