



*Calcium, the most abundant mineral in the body, is vital for:*

- ✧ Muscle contraction
- ✧ Bone, muscle, and teeth support
- ✧ Immune system function (white blood cell function)
- ✧ Nervous system transmission
- ✧ Reducing inflammation and repairing tissue
- ✧ Blood coagulation
- ✧ Proper functioning of many enzyme systems

Do you take a calcium supplement?  
Is it for bones? Muscles? Another reason?  
Is just a calcium supplement alone enough  
to address your health needs? Is it in a form  
that can address your health concerns?

Expect more from your calcium supplement and provide your body with what it needs.

*Featured Products*



*Muscle & Immune Support*

Calcium Lactate | Calcium Lactate Powder

*Bone Building*

Calcifood® | Calcifood® Powder

*Bio-Dent®*

*Calsol®*

*Assists in Calcium Utilization/Absorption*

*Cal-Ma Plus®*

Not all calcium supplements are the same. Ask your health care professional about these products from Standard Process.

# Quality

*From Seed to Supplement®*

*At our office, we believe that given the proper nutrition, your body has the amazing capability of keeping itself healthy. We also believe that nutrition should be individualized to meet each patient's needs. For these reasons and many more, we proudly recommend Standard Process whole food supplements.*



## Understanding Calcium Supplements



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## Poor Diet Affects Calcium Intake

Unhealthy eating habits, which often include fast food and fad diets, contribute to Americans failing to get their daily requirements of many essential vitamins and minerals. Because of our poor eating habits, we rely on calcium supplements to ensure that we are getting enough calcium each day.

### Calcium Supplement Options

There are many different types of calcium supplements on the market. The three most common are calcium carbonate, calcium citrate, and calcium lactate. Calcium carbonate, which is derived from rock and other non-food sources like oyster shells, is the most commonly sold form because it's inexpensive. One major downfall of calcium carbonate is that it is not easily digested and therefore, poorly assimilated and utilized by the body.

### Better Alternatives

Other forms of calcium, such as calcium lactate and calcium citrate, are superior to carbonate. These sources of calcium are more easily absorbed and easier to digest than calcium carbonate.

Standard Process supplements are comprised primarily of calcium lactate as it is readily absorbed. It doesn't require additional stomach acid for proper absorption so you can take it when it is convenient for you—with or without food.



### Selecting the Right Calcium for You

Calcium is needed to improve a variety of body functions. However, calcium alone is not always enough. Your body needs other important nutrients to function properly. For example, research has shown that calcium alone cannot build strong bones. You also need other nutrients like vitamins A, C, D, and K, magnesium, phosphorus, manganese, amino acids, and enzymes for building bone.

That's why it is important to work with your health care professional. They can guide you as to which high-quality Standard Process calcium supplement will provide targeted support for your needs.

### Muscle & Immune Support

**Calcium Lactate** or **Calcium Lactate Powder** is comprised of calcium lactate and magnesium citrate. Calcium lactate is a highly soluble calcium salt. It needs very little stomach acid to be converted into an ionizable form of calcium, which is the only form that will be absorbed. The magnesium helps in the uptake of calcium lactate. This is also a vegetarian product, not derived from a dairy source.\*

### Bone Building

**Calcifood®** or **Calcifood® Powder** is more than just a calcium supplement. It contains the vitamins, minerals, proteins, and enzymes found in bone. These nutrients are essential for the body to build strong, healthy bones.\*

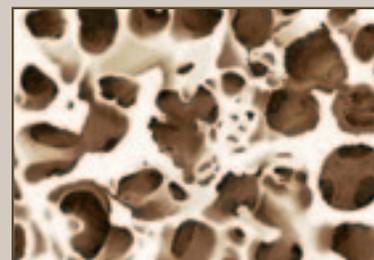
**Bio-Dent®** contains amino acids and specific bone proteins that directly support the health of the skeletal system. The amino acids found in Bio-Dent address the energy needs of muscle tissue and aid in the maintenance of healthy muscle, bone, and skin.\*

**Calsol®** is a vegetarian bone-building product containing calcium, magnesium, carbamide, and phosphorus to support gallbladder function, as well as the digestive, musculoskeletal, and central nervous systems.\*

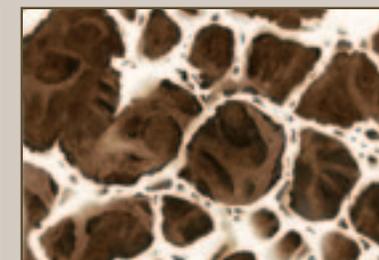
### Assists in Calcium Utilization/Absorption

**Cal-Ma Plus®** provides concentrated nutrients to support the parathyroid. Healthy parathyroid function is required for the proper regulation of calcium metabolism.\*

**Each person's nutritional needs differ. It is important to have an evaluation by your health care professional to determine which calcium supplement is best for you.**



Normal, Strong Bone Structure



Osteoporotic Bone Structure—  
weakened, disconnected, & thin

**Taking a calcium supplement early in life is key to supporting healthy bone structure later in life.**

**Ask your health care professional what you can do, today!**

\*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.