



Skeletal

Active Calcium™

Complete bone health formula



Active Calcium™ Chewable

Complete bone health formula



Throughout life, bones are in a constant state of reformation as calcium is continually removed from and re-deposited in the bones. Adequate levels of calcium are needed every day to ensure that bone mineral density is maintained. If people do not get enough calcium from their diets, the body will take it from the bone structure, which results in a net loss of bone calcium.

Active Calcium and **Active Calcium Chewable** are more than calcium supplements. They are carefully formulated, clinically proven bone-building formulas. Both contain calcium citrate and carbonate, magnesium, vitamin D, and silicon to optimize bone mineralization and to ensure proper calcium use.*

CALCIUM AND YOUR HEALTH

Deficiencies of calcium, magnesium, boron, and vitamin D can contribute to the development of osteoporosis, thinning of the bones that makes them prone to fracture. Although signs of osteoporosis usually don't occur until the later years of life, getting the proper amount of calcium in our diet when we're young helps build strong bones and reduces the risk of osteoporosis in the future, as long as dietary intake continues to be adequate. Adolescents who make even a five percent gain in bone mass in their teens may reduce the risk of osteoporosis by 40 percent.

In addition to maintaining healthy bones, calcium is critical to normal nerve conduction, muscle contraction, blood clotting (provided it is normal to begin with), cell division, and electrical conduction in the heart. It is also essential for producing and activating enzymes and hormones that regulate digestion, energy, and fat metabolism.*

MAGNESIUM AND VITAMIN D

Magnesium is an essential mineral that accounts for about 0.05 percent of the body's total weight. Along with calcium, it is an important component of strong, healthy bones.

Vitamin D enhances calcium absorption in the small intestine and calcium utilization in bone formation. Vitamin D also influences the utilization of phosphorus, another mineral that is important for strong bones.*

SILICON

Silicon gives stability to all the connective tissues of the body and is essential for proper calcium utilization. Silicon is key to the calcium mineralization of the bone matrix.*

WHY ACTIVE CALCIUM™?

USANA's **Active Calcium** is enhanced with boron and vitamin K. Boron reduces calcium excretion and increases deposition of calcium in the bone. Vitamin K influences the level of osteocalcin in the bone-forming cells and thus the rate of mineralization of bone.*



Kosher



Available for MyHealthPak™

ITEM #120

Active Calcium™

DIRECTIONS: TAKE FOUR (4) TABLETS DAILY, PREFERABLY WITH MEALS.

SUPPLEMENT FACTS

SERVING SIZE: 4 TABLETS

AMOUNT PER SERVING		%DV
VITAMIN D3 (AS CHOLECALCIFEROL)	400 IU	100%
VITAMIN K (AS PHYLOQUINONE)	60 µg	75%
CALCIUM (AS CALCIUM CITRATE AND CALCIUM CARBONATE)	800 mg	80%
MAGNESIUM (AS MAGNESIUM CITRATE, MAGNESIUM AMINO ACID CHELATE, AND MAGNESIUM OXIDE)	400 mg	100%
BORON (AS BORON CITRATE)	1.32 mg	†

† DAILY VALUE NOT ESTABLISHED.

OTHER INGREDIENTS: MODIFIED CELLULOSE, MICROCRYSTALLINE CELLULOSE, ASCORBYL PALMITATE, CALCIUM SILICATE, RICE PROTEIN HYDROLYSATE, DEXTRIN, CROSCARMELOSE SODIUM, DEXTROSE, SOY LECITHIN, SODIUM CITRATE.

CONTAINS SOY.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING.

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STORE BELOW 25° C MADE IN USA

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.