



# CALCIUM ASPARTATE +

## Calcium Aspartate+ is a dietary supplement to Support Bone Health.\*

Calcium Aspartate+ is a combination of calcium and aspartic acid along with vitamin B6 and Niacinamide for optimum utilization by the body.\*

### About calcium:

- Calcium is the most abundant mineral in the body. It makes up 2% of our total body weight.
- Calcium is a mineral needed by the body for healthy bones, teeth, and proper function of the heart, muscles and nerves.\* The body cannot produce calcium; therefore, it must be absorbed through food or supplemental form.\*

### Calcium and bone health

- Bone is living tissue, constantly renewing itself. Although bone is strong and relatively flexible, everyday wear and tear causes tiny structural defects.\* As we age, calcium, like many nutrients, is absorbed less effectively which may result in bone thinning as part of the natural process of aging.\* If the thinning continues your bones can become fragile and in danger of breaking.\*

### About Aspartic Acid

- Aspartates have been well researched for over 30 years. They are the combination of aspartic acid (an amino acid) and a mineral.
- Aspartates are vastly superior to other mineral transporters because of their stability and ability to deliver the mineral to the inner layer of the outer cell membrane.\* Because of this targeting effect, mineral aspartates have a number of benefits.\*

- Calcium Aspartate is one of the most highly assimilated forms of chelated calcium available today.\* It penetrates cells easily because of its ability to target a specific area of the cell.\* In this form, calcium aspartate is an extremely effective form of calcium.\*

### Why are Vitamin B6 and Niacinamide in the formula?

- Vitamin B6 and Niacinamide are include to assist in the optimal utilization of Calcium Aspartate.

### Supplement Facts

Serving Size: 1 Capsule

#### Amount Per Serving

Niacin (as Niacinamide)	5 mg
Vitamin B6 (as Pyridoxine HCl)	2 mg
Calcium (as Ca Aspartate)	75 mg

Other ingredients: gelatin, microcrystalline cellulose.

**Warning:** If pregnant or nursing, consult your health care practitioner before taking this or any nutritional product.

**Suggested Use:** As a dietary supplement, take 1 capsule daily with each meal.

0600212.090 (90 Capsules)

\*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

Copyright© 2010 by Mountain Naturals® of Vermont. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without prior written permission of the copyright owner.