

CALCIUM COMPLEX

Quality Calcium Supplement - High Quality of Life

Everybody knows what **Calcium** is, and most everyone knows what **Calcium** does. But did you know which specific areas of health that the right **Calcium** supplement can dramatically improve? Did you know that your body absorbs different sources of **Calcium** at different rates? Are you aware that some widely-known sources of **Calcium** have less than a 5% absorption rate?



If you didn't, you need to read this!!!

Calcium, the most abundant mineral in the human body, is an essential mineral that composes your bones and teeth and insures their strength. **Calcium** also circulates in your blood and is essential for life. For example, your muscles need **Calcium** to contract - including your heart - and your nervous system uses **Calcium** to transmit electrical impulses.

The average adult has about 2 to 3 pounds of **Calcium** in their body, with about 99% in the bones and teeth. The remaining 1% of body **Calcium** is found in the blood and within cells, where **Calcium** helps with dozens of metabolic processes. This 1% of **Calcium** is so important to maintain that the body will draw on **Calcium** stores in the bones – even at the expense of causing osteoporosis – to keep blood and cellular **Calcium** levels within the proper range.

By the age of 18 you've developed 98% of your bone mass, however, your bones are constantly being regenerated. Children need a good **Calcium** supplement because the bone core is formed during adolescence. Exercise during adolescence has been shown to be as important, if not more so, to crucial bone building during these years!

Adults should have a good **Calcium** supplement as well - **Calcium** is deposited on the surface of bones and grow, like rings on a tree, as the bones diameter expands the bone gets stronger. If your diet is **Calcium** deficient then your body will draw the **Calcium** it needs from your bones - as a result your bones lose **Calcium** faster than it is replaced - leaving them brittle and susceptible to fractures!

Women, because of menopause and susceptibility for osteoporosis, have been a target for **Calcium** supplementation for years - this has left men with the presupposition that osteoporosis is a "woman's disease." However, osteoporosis is rapidly increasing in men, possibly a result of this thinking. The latest studies have shown that 3 out of 4 men don't get an adequate supply of daily **Calcium**!

Some of the claims and functions in which **Calcium** plays a role include:

- Promotes strong bones
- Lowers blood pressure
- Reduces risk of colon cancer
- Reduces symptoms of premenstrual syndrome (PMS)
- Transmission of nerve impulses and control of muscle contractions
- Release of chemical messengers for communication between nerves
- Chemical signaling between cells
- Regulation of hormone and enzyme production and activity (regulation of digestion, fat metabolism, energy production)
- Hormone secretion
- Blood clotting
- Wound healing

Among the more exciting research, scientists have recently shown that eating more **Calcium**-rich foods reduces the risk of colon cancer in men and that women who take daily **Calcium** supplements can cut premenstrual symptoms in half (pain, bloating, mood swings, and food cravings). In other studies, researchers found that adequate **Calcium** intake (along with vitamin D) can reduce blood pressure in women with mild hypertension and in black teen-agers (two groups who rarely consume enough **Calcium**). The hypertensive effects of a high-salt diet tend to be most pronounced among people whose diets are low in **Calcium**. In addition, women who take **Calcium** supplements during pregnancy gave birth to children with healthier blood pressure levels (lower than average for the first seven years of life) - this might reduce the child's risk of developing high blood pressure later in life.

If that weren't enough evidence that **Calcium** supplements might be a good idea, there is also some evidence that **Calcium** can even influence mood and behavior. The suggestion comes from a space shuttle study in which hypertensive rats become agitated when consuming a low-**Calcium** diet, but become more calm and relaxed and when their diets contain adequate **Calcium** levels. ^^

Calcium Complex is an incredible formula that contains the highest **Calcium** absorption rates, through quality ingredients. This **Calcium** supplement was formulated with the mass's health in mind. Knowing that different individuals' bodies respond better to different types of **Calcium**, this high-energy formula was carefully combined to affect the widest range of people possible, but still keep the quality, potency, and absorption rates at their peak.

Of the **eight** different sources of **Calcium** in this amazing supplement, **four** are of mineral compounds, while the remaining **four** are uniquely derived from herbs and plants. This combination ensures the body of attaining the highest **Calcium** absorption, because of the supplementation of both mineral and herbal **Calcium** sources.

Also, Calcium Complex contains 100% Daily Recommended Value of Vitamin D. This addition to the formula provides a very balancing effect, also aiding in reducing high blood pressure.

Lastly, Homeopathic Cell Salts are added to this unique formula, to provide the body a cellular balancing. This allows the cell walls to absorb the nutrients from the rest of the supplement, at a faster and more efficient rate than previously possible.

Choose the best Calcium Supplement for Your Money!!!

Calcium Complex sets the bar in value and quality!!

^^ <http://www.supplementwatch.com/supatoz/supplement.asp?supplementId=64>

^ <http://www.coral-calcium-factor.com/calcium.html>

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