

Calcium Citrate

DESCRIPTION

Calcium Citrate supplies 250 mg of elemental calcium from calcium citrate. Calcium is a primary mineral for building the strong structure of bones and teeth.†

FUNCTIONS

The adult human body contains approximately 1 to 2 percent calcium, about 99% of which is present in the skeleton. Bone is constantly turning over, a continuous process of formation and resorption. In children and adolescents, the rate of bone mineral formation predominates over the rate of resorption. In later life, resorption predominates over formation. Therefore, in normal aging, there is a gradual loss of bone. Calcium citrate provides a highly beneficial source of dietary calcium that assists in the maintenance of healthy bone structure and function. In addition, calcium is essential to maintain and perform cellular signaling in many physiological functions, including muscle contraction, neuronal excitability, and cell growth.†

SUGGESTED USE

Adults take 1 tablet, 1-4 times daily with a meal or as directed by a health professional.

WARNING

If you are pregnant, nursing, have any health condition or taking any medication, consult your health professional before using this product.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

FORMULA (#202546)

Supplement Facts

Serving Size 1 Tablet

Servings Per Container 250

	Amount Per Serving	%DV
Calcium	250 mg	19%
(as calcium citrate)		
% Daily Value (DV)		

Other ingredients: Croscarmellose sodium, ascorbyl palmitate, and coating (hypromellose, glycerin)

REFERENCES

1. Institute of Medicine (US) Standing Committee on the Scientific Evaluation of Dietary Reference Intakes. Washington (DC): *National Academies Press* (US), 1997.
2. Parfitt AM. In: Riggs BL, Melton LJ III, editors. New York, NY: Raven Press, 1988.
3. Quesada Gómez JM, Blanch Rubió J, Díaz Curiel M, Díez Pérez A. *Clin Drug Investig*. 2011;31(5):285-98.
4. Giorgi C, Marchi S, Pinton P. *Nat Rev Mol Cell Biol*. 2018;19(11):713-730.