

Active Calcium™ & Active Calcium™ Chewable

Complete bone health formula for adolescents and adults

Optimizers: Skeleton/Structural

Health Basics

- Provides balanced levels of calcium, magnesium, and vitamin D in truly bioavailable forms
- Helps maintain strong, mineral-rich bones*
- Provides ingredients essential for healthy muscle function and strength*

Did You Know?

- **Body Rox Active Calcium Chewable** can be used as an effective antacid that provides, rather than depletes, calcium.

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 bone structure, which results in a net loss of bone calcium.

Active Calcium™ and Body Rox™ Active Calcium™ Chewable are more than calcium supplements. They are carefully formulated, clinically proven bone-building formulas.¹ Both contain calcium citrate and carbonate, magnesium, vitamin D, and silicon to optimize bone mineralization and to ensure proper calcium use.^{2,3*}

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.^{4,5}

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.⁶ It is also essential for producing and activating enzymes and hormones that regulate digestion, energy, and fat metabolism.^{6*}

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.^{6,7*}

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.^{8*}

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.^{6,8*} Vitamin K influences the level of osteocalcin in the bone-forming cells and thus the rate of mineralization of bone.^{9,10*}

Why Body Rox™ Active Calcium™ Chewable?

A double-blind, placebo-controlled USANA study assessed the impact of **Body Rox Active Calcium Chewable** on bone development and bone mineralization in 81 preadolescent girls.



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Half of the group was assigned at random to receive **Active Calcium Chewable**, and half received a placebo supplement. After 12 months of supplementation, girls receiving **Active Calcium Chewable** showed a net gain (1.41 percent) in bone mineral density, while girls in the placebo group showed a net decline (-0.94 percent). Gains in bone mineral content were also greater in the active treatment group than in the placebo group (5.83 percent versus 0.69 percent respectively).¹

References

1. Wood T, McKinnon T. USANA Clinical Research Bulletin 2001;8.http://www.usana.com/media/File/dotCom/company/science/crb/8CRB.pdf.
2. Heaney RP, et al. Osteoporosis Int 1999;9:19-23.
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5. Reid IR. Am J Med Sci 1996;312:278-86.
6. Bowman A, Russell R eds. Present Knowledge in Nutrition. Washington DC:ILSI; Press 2001.
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9. Groff JL, et al. Advanced Nutrition and Human Metabolism. New York: West Publishing; 1995.
10. Bitensky L, et al. J Bone Joint Surg 1988;70-B:663, 664.



• To create your ideal combination of USANA Nutritionals go to www.usana.com

- Cardiovascular
- Cellular Metabolic
- Skeleton/Structural
- Endocrine
- Brain/Nervous

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 PHYLLQUINONE)	60 µg	75%
CALCIUM (AS CITRATE AND CARBONATE)	800 mg	80%
MAGNESIUM (AS CITRATE, AMINO ACID CHELATE AND OXIDE)	400 mg	100%
BORON (AS CITRATE)	1.32 mg	†
SILICON (AS AMINO ACID COMPLEX)	9 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

OTHER INGREDIENTS: PREGELATINIZED STARCH, MICROCRYSTALLINE CELLULOSE, ASCORBYL PALMITATE, DEXTRIN, CROSCARMELLOSE SODIUM, DEXTROSE, SOY LECITHIN.

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

Body Rox™ Active Calcium™ Chewable

DIRECTIONS: CHEW FOUR (4) TABLETS DAILY, PREFERABLY WITH MEALS. SPREAD EVENLY THROUGHOUT THE DAY OR AS IS CONVENIENT.

Supplement Facts

Serving Size 4 Tablets

	AMOUNT PER SERVING	%DV*
VITAMIN D3 (AS CHOLECALCIFEROL)	400 IU	100%
CALCIUM (AS CITRATE AND CARBONATE)	800 mg	80%
MAGNESIUM (AS OXIDE AND CITRATE)	400 mg	100%
SILICON (AS AMINO ACID COMPLEX)	9 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

OTHER INGREDIENTS: HONEY POWDER, CRYSTALLINE FRUCTOSE, SOY LECITHIN, XYLITOL, VEGETABLE-DERIVED STEARIC ACID, CITRIC ACID, GUAR GUM, MALIC ACID, NATURAL CITRUS FLAVOR, NATURAL VANILLA FLAVOR.

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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.