

# Calcium Citrate with Vitamin D

*Nature's Harmony® Calcium Citrate of elemental calcium in an easily absorbable form, which facilitates the absorption of calcium. This formula can significantly reduce the risk of osteoporosis and help maintain healthy bones and teeth.*

PRODUCT CODE: 400433

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps in the development and maintenance of bones and teeth. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis.	Tablet	Adults and children over 12 years: Take 1 to 4 tablets daily. Take a few hours before or after taking medications.

## DESCRIPTION:

Calcium citrate is one of the most easily assimilated forms of calcium. There is limited risk of kidney stone formation even with long-term supplementation with calcium citrate. The addition of vitamin D to the Nature's Harmony® formula increases the absorption of calcium from the intestine and increases the uptake of calcium by the bones.

Calcium is essential during childhood, adolescence, pregnancy and breastfeeding. It is needed for strong bones and to prevent fractures. It is also required for the proper function of the heart, muscles and nervous system.

**Recommended Daily Allowance:** Both: Dosage varies, depending on age.

**Food Sources:** Calcium: Dairy products, legumes, dark green leafy vegetables, wheat bran, sea vegetables, almonds, Brazil nuts, figs.  
Vitamin D3 & Magnesium: Found in small amounts in fatty fish (such as mackerel and salmon), cod liver oil.

**Causes of Deficiency:** Calcium: Vitamin D deficiency, magnesium deficiency, alcoholism, low-calcium diet, high sugar intake, phosphates from carbonated beverages, excess caffeine, excess sodium.  
Vitamin D3 & Magnesium: Inadequate sunshine, poor dietary choices.

**Symptoms of Deficiency:** Calcium: Rickets in children, osteomalacia (softening of the bones) and osteoporosis in adults, muscle spasms and leg cramps.  
Vitamin D3 & Magnesium: Rickets in children, osteomalacia and osteoporosis in adults, joint pain.

**Complementary Nutrients:** Calcium: Vitamin D, magnesium, potassium, vitamin K (from green leafy vegetables).  
Vitamin D3 & Magnesium: For healthy bones and teeth, vitamin D should be combined with calcium.

## HOW IT WORKS:

**Calcium:** This mineral is well known for its essential role in the formation of bones and tooth enamel; however, it also performs many other vital functions. Calcium is involved in fat and protein digestion and the production of energy. It is involved in blood clotting and the transmission of nerve impulses, and it regulates the contraction and relaxation of muscles, including the heart.

**Vitamin D:** Vitamin D not only stimulates the absorption of calcium, but it also has anti-cancer properties, especially against breast and colon cancers.



## DID YOU KNOW...

*Antacids are often promoted as calcium supplements; however, most of these contain aluminum, which leads to an increase in bone breakdown and calcium excretion.*

# Calcium Citrate with Vitamin D

## RESEARCH:

The efficacy of calcium citrate with vitamin D is supported by countless clinical studies. Vitamin D-calcium combination was found to significantly protect against hip fracture in older individuals.

## SIDE EFFECTS:

**Calcium:** Generally well tolerated up to a dose of 2,500 mg per day of elemental calcium. May cause constipation in sensitive individuals. May cause gastrointestinal irritation, belching, flatulence and acid reflux.

**Vitamin D3 & Magnesium:** Should be taken at recommended doses only.

## INTERACTIONS AND SAFETY CONSIDERATIONS:

**Calcium:** May interfere with cellulose sodium phosphate (Calcibind) and gallium nitrate (Ganite).

Etidronate (Didronel), phenytoin (Dilantin) and tetracycline should be taken two to three hours apart from calcium.

Zinc supplements should be taken two to three hours apart from calcium.

Iron and magnesium supplements should be taken at times different from calcium. Fluoroquinolones should be administered two hours apart from calcium.

Levothyroxine and calcium administration should be separated by at least four hours.

**Vitamin D3 & Magnesium:** Antacids containing magnesium results in high serum magnesium if taken with vitamin D. Thiazide diuretics (water pills) with vitamin D increases serum calcium levels.

Use caution when taking with cardiac glycoside herbs and drugs.

Bile sequestrants, corticosteroids, hepatic enzyme inducers, phenytoin and Phenobarbital reduce the availability of vitamin D.




## OTHER CONSIDERATIONS:

Consult a health care practitioner before using if any of the following conditions are known:

**Calcium:** Hypercalcemia, hypercalciuria, sarcoidosis, hyperparathyroidism, prostate cancer.

**Vitamin D3 & Magnesium:** Heart, kidney or blood vessel disease; sarcoidosis; hypercalcemia. Hypoparathyroidism may increase sensitivity to vitamin D.

## LABEL:

 <p><b>Citrate de calcium avec vitamine D</b></p> <p>Aide au développement et au maintien des os et des dents</p> <p><b>60 comprimés</b> NPN 80021124</p>	<p>Usage recommandé: Aide au développement et au maintien des os et des dents. La consommation de calcium, lorsqu'elle s'accompagne d'un apport suffisant en vitamine D, d'une alimentation saine et de la pratique régulière d'une activité physique, peut réduire le risque d'ostéoporose.</p> <p>Dose recommandée (adultes et enfants de plus de 12 ans): Prendre 1 à 4 comprimés par jour. Prendre quelques heures avant ou après la prise d'autres médicaments.</p> <p>Ingrédients médicinaux: Chaque comprimé contient: Calcium ..... 315 mg (dérivé de 1500 mg de citrate de calcium) Vitamine D (cholecalcérol) ..... 5 mcg/200 IU</p> <p>Ingrédients non médicinaux: cellulose, hypromellose, polyéthylène glycol, croscarmellose sodique, dioxyde de titane, dioxyde de silicium, acide stéarique, maltodextrine, polydextrose, talc, triglycérides à chaîne moyenne.</p> <p>Ce produit ne contient pas d'ingrédients laitiers, oeuf, gluten, crustacés, soya, sulfites, dérivés d'origine animale ni colorants, arômes ou agents de conservation artificiels.</p> <p>RANGER DANS UN ENDRIT SEC ET FRAIS. TENIR HORS DE PORTÉE DES ENFANTS.</p>	<p>Recommended Use: Helps in the development and maintenance of bones and teeth. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis.</p> <p>Recommended Dose (Adults and children over 12 years): Take 1 to 4 tablets daily. Take a few hours before or after taking medications.</p> <p>Medicinal Ingredients: Each tablet contains: Calcium ..... 315 mg (derived from 1500 mg calcium citrate) Vitamin D (cholecalciferol) ..... 5 mcg/200 IU</p> <p>Non-medicinal ingredients: Cellulose, hypromellose, polyethylene glycol, croscarmellose sodium, titanium dioxide, silicon dioxide, stearic acid, maltodextrin, polydextrose, talc, medium chain triglycerides.</p> <p>This product does not contain dairy, egg, gluten, shellfish, soy, sulfites, animal derivatives or artificial colours, flavours or preservatives.</p> <p>STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.</p>	 <p><b>Calcium Citrate with Vitamin D</b></p> <p>Helps in the Development and Maintenance of Bones and Teeth</p> <p><b>60 Tablets</b> NPN 80021124</p>	<p>Actual Size Grandeur réelle</p> <p>www.naturesharmony.com 1-877-929-2548</p> <p>SunOpta A Proud Canadian Company Une compagnie canadienne fière de l'être.</p> <p>480435 01 05</p>  <p>0 63047 00433 2</p>
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