



O-Calcium with Vitamin D

Nature's Harmony® O-Calcium 500 mg with Vitamin D 200 IU is a naturally sourced calcium and vitamin D supplement providing 500 mg of elemental calcium carbonate from oyster shells and 200 IU of vitamin D. This formula is designed for maximum benefit in bone health.

PRODUCT CODE: 400591

HEALTH SOLUTIONS:

| RECOMMENDED USE | DOSAGE FORM | RECOMMENDATIONS |
|---|-------------|---|
| Calcium intake, when combined with sufficient Vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis. Helps in the development and maintenance of bones and teeth. Helps in the absorption and use of calcium and phosphorus. Helps to prevent Vitamin D deficiency. | Tablet | <i>Adults 19 to 50 years:</i> Take 1 to 3 tablets daily. <i>Children over 4 years old:</i> Take 1 to 3 tablets daily. For best absorption, take with meals and a full glass of water or juice. |

DESCRIPTION:

The addition of vitamin D to the Nature's Harmony® O-Calcium 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. Calcium is used in the treatment of countless conditions, including osteoporosis, hyperphosphatemia, epithelial hyperproliferation following intestinal bypass, hypertension, PMS and diarrhea, and it is used as an antacid.

Vitamin D is used to treat osteomalacia secondary to liver disease, rickets, osteitis fibrosa and myelodysplastic syndrome. It plays a role in the management of hypocalcemia and the prevention of osteopenia and tetany in vitamin D deficient infants.

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

Food Sources: Calcium: Dairy products, legumes, dark green leafy vegetables, wheat bran, sea vegetables (e.g., kelp), almonds, Brazil nuts, figs.
Vitamin D: Small amounts in fatty fish such as mackerel and salmon.

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 D: 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 D: Rickets in children, osteomalacia and osteoporosis in adults, joint pain.

Complementary Nutrients: Calcium: Vitamin D, magnesium, potassium, vitamin K (from green leafy vegetables).
Vitamin D: 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. Breast cancer and colon cancer have a higher incidence in areas where people are exposed to the least amount of sunlight.

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RESEARCH:

The efficacy of O-Calcium with Vitamin D is supported by countless scientific studies. In a three-year, randomized, double-blind, placebo-controlled study, 800 IU daily of supplemental vitamin D was given in combination with a calcium supplement. The 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 D: Should be taken at recommended doses only.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Do not use if pregnant, breastfeeding or allergic to shellfish. Take a few hours before or after taking medications.

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 D: Heart, kidney or blood vessel disease; sarcoidosis; hypercalcemia. Hypoparathyroidism may increase sensitivity to vitamin D.

LABEL:

Natures Harmony®

O-Calcium

500 mg avec vitamine D

Aide à l'utilisation du calcium et du phosphore.
Aide à prévenir une carence en vitamine D.

60 comprimés
NPN 80005419

Usage recommandé: 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. Aide au développement et au maintien des os et des dents. Aide à l'absorption et à l'utilisation du calcium et du phosphore. Aide à prévenir une carence en vitamine D.

Dose recommandée:
Adultes âgés de 19 à 50 ans: Prendre 1 à 3 comprimés par jour.
Enfants âgés de plus de 4 ans: Prendre 1 à 3 comprimés par jour. Pour une meilleure absorption, prendre aux repas, avec un grand verre d'eau ou de jus.

Ingédients médicinaux:
Chaque comprimé contient:
Calcium (carbonate).....300 mg
Calcium (coquille d'huître).....200 mg
Vitamine D (cholecalcérol).....5 mcg/200 UI

Ingédients non médicinaux: cire de carnaube, cellulose, croscopdone, hypromellose, stéarate de magnésium, maltodextrine, huile minérale, polyéthylène glycol, acide stéarique.

Information sur les risques: Ne pas utiliser si vous êtes enceinte ou allaitante, ou si vous êtes allergique aux crustacés. Prendre quelques heures avant ou après la prise d'autres médicaments.
Ce produit ne contient pas d'ingrédients laitiers, oeuf, gluten ou colorants, arômes ou agents de conservation artificiels.

Recommended Use: Calcium intake, when combined with sufficient Vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis. Helps in the development and maintenance of bones and teeth. Helps in the absorption and use of calcium and phosphorus. Helps to prevent Vitamin D deficiency.

Recommended Dose:
Adults 19 to 50 years: Take 1 to 3 tablets daily.
Children over 4 years old: Take 1 to 3 tablets daily.

For best absorption, take with meals and a full glass of water or juice.

Medicinal Ingredients:
Each tablet contains:
Calcium (carbonate).....300 mg
Calcium (oyster shell).....200 mg
Vitamin D (cholecalciferol).....5 mcg/200 IU

Non-medicinal ingredients: carnauba wax, cellulose, croscopdone, hypromellose, magnesium stearate, maltodextrin, mineral oil, polyethylene glycol, stearic acid.

Risk Information: Do not use if pregnant, breastfeeding or allergic to shellfish. Take a few hours before or after taking medications.
This product does not contain dairy, egg, gluten or artificial colours, flavours, or preservatives.

KEEP OUT OF REACH OF CHILDREN.
STORER IN A COOL, DRY PLACE.

Natures Harmony®

O-Calcium

500 mg with Vitamin D

Helps in the Use of Calcium & Phosphorus
Helps Prevent Vitamin D Deficiency

60 Tablets
NPN 80005419

Actual Size
Grandeur réelle

DO NOT USE IF SEAL UNDER CAP IS BROKEN.
NE PAS UTILISER SI L'OPERCULE INTERIEUR EST BRISÉ.

www.naturesharmony.com
1-877-929-2548

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& Commerce Cosant
Axe, ON L1J 2K3

A Proud Canadian Company
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DID YOU KNOW...

Calcium absorption may be reduced by physical and emotional stress. A loss of as much as 900 mg may occur daily during times of worry and tension.