Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis.

**Calcium**: This mineral is well known for its essential role in the formation of bones and tooth enamel; however, it also performs many other 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. In addition, calcium may reduce the risk of colon cancer and suppress the growth of polyps that can lead to cancer. **Vitamin D**: This vitamin regulates calcium metabolism. Without vitamin D, the body cannot properly absorb calcium, and the bones and teeth become soft and poorly mineralized.

**HOW IT WORKS:**

**Calcium**

**Vitamin D**

**DESCRIPTION:**

Each easy-to-swallow tablet of Quest High Potency Calcium and Vitamin D contains 600 mg of elemental calcium (citrate, carbonate) and 200 IU of vitamin D3. This product contains no artificial preservatives, colours, flavours, or dairy, egg, gluten, shellfish, soy or sulfites.

**Recommended Daily Allowance:**

**Calcium**: Dosage varies, depending on age. **Vitamin D**: Dosage varies, depending on age.

**Food Sources**

**Calcium**: Dairy products, legumes, dark green leafy vegetables, wheat bran, sea vegetables, almonds, Brazil nuts, figs. **Vitamin D**: Sunlight is the best source; however, it is found in small amounts in fatty fish such as mackerel and salmon. Other sources are eggs from chickens fed vitamin D and milk that has been fortified with vitamin D.

**Causes of Deficiency**

**Calcium**: Abnormal parathyroid function, vitamin D deficiency, magnesium deficiency, alcoholism, low-calcium diet, phosphates from carbonated beverages, excess caffeine, excess sodium. **Vitamin D**: Inadequate sunshine, poor dietary choices, some medications.

**Symptoms of Deficiency**

**Calcium**: Rickets in children, osteomalacia osteoporosis in adults, muscle spasms, leg cramps. **Vitamin D**: Rickets in children, osteomalacia and osteoporosis in adults, joint pain.

**Complementary Nutrients**

**Calcium**: Magnesium, vitamin D, potassium, vitamin K. **Vitamin D**: Calcium.

**DID YOU KNOW...**

The average North American diet provides only one-half the calcium required for bone maintenance.
High Potency Calcium and Vitamin D

RESEARCH:

The efficacy for the use of calcium and vitamin D for the protection of bones is supported by countless 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 population group included nursing-home residents who were indoors most of the time, and thus not getting the benefit of vitamin D from sunshine. The vitamin D-calcium combination was found to significantly protect against hip fracture in these individuals.

SIDE EFFECTS:

No known side effects at recommended dosage.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner before use if you have a serious illness or are on any medications.

OTHER CONSIDERATIONS:

Consult a health care practitioner before use if you are pregnant or breastfeeding. Keep out of reach of children.

LABEL: