



CONT. NET: 0.75 OZ (21 GM)

CHOCOLATE ORANGE FLAVOR

## CAL Product Information

## Some Facts about CAL

Agel™ CAL was formulated to help you get the right amount of the most abundant mineral in the human body, Calcium. This innovative formulation gives you 3 forms of Calcium that are more easily absorbed by the body than other sources, plus these 3 ingredients are combined with other key ingredients and the Suspension Gel technology, which makes CAL the right Calcium product for you.

Calcium is the building block of our body's structure. Just like a building needs bricks and mortar, our body also has building blocks which promote strength and support. Calcium is the most important mineral in promoting strong and healthy bones. Almost all of the calcium in your body is in your skeleton and teeth. There is only about 1 % extra calcium outside of your skeletal system and most of this 1% is in your blood. As you get older your body needs an adequate supply of Calcium to keep your bones, blood and surrounding cells healthy.

Should I worry about Calcium Deficiency?

Calcium is a mineral needed by the body for healthy bones, teeth, and proper function of the heart, muscles, and nerves. The body

cannot produce its own Calcium; it must be absorbed through outside sources such as Calcium Supplements. Research shows that 75 % of people do not get enough Calcium each day. This alarming percentage worries many health care professionals.

So, what can be done to avoid Calcium Deficiency?

Consuming the proper daily recommended amount of Calcium will eliminate any Calcium Deficiency. By consuming Agel CAL not only are you consuming the proper amount of Calcium, but you are also consuming the most effective forms of this important mineral. The formulation of CAL truly does eliminate any risk of Calcium Deficiency.

So what are the key ingredients that make CAL an excellent source of Calcium? There are eight key ingredients which make CAL unique; these ingredients are Calcium Citrate, MCHA (Microcrystalline Hydroxyapatite ), Calcium Aspartate, Vitamin D<sub>3</sub>, Vitamin K<sub>2</sub>, Ipriflavone, Horsetail Extract, and Boron. These key ingredients each play equally distinct and important roles in the promotion of skeletal health.

## Uses for CAL

It has been proven that Calcium Citrate is absorbed and digested by the body more efficiently than Calcium Carbonate, especially in older people, and appears to be more effective than Calcium Carbonate. Calcium Citrate does not require stomach acid to be broken down, this means that it is more easily absorbed and utilized by the body. This also means that it can be taken on an empty stomach. Another unique advantage that comes with taking Calcium Citrate is that unlike other forms of Calcium, it does not block Iron absorption.

MCHA is derived from bovine and is a source of not only Calcium, but also other elemental and trace minerals, collagens, proteins and other components in their natural proportions. Many studies have shown that MCHA fosters both better absorption and actual reductions in radial bone loss than any other form of calcium. Studies show that this increased absorption is due to the presence of a protein and the microcrystalline structure, which provides a larger surface so that the minerals can be released from the organic- protein matrix into the intestines.

Calcium Aspartate is made from nature soluble Calcium and chelated with the amino acid, L-Aspartate. Calcium Aspartate extends the Calcium absorption from the duodenum to the entire length of the small intestine and therefore achieves the absorption rate much superior to those of other Calcium products.



Vitamin D3 is one of the most useful nutritional tools we have for improving overall health. Vitamin D3 is the only vitamin the body can manufacture from sunlight. Yet, with today's indoor living and the extensive use of sunscreens due to concern about skin cancer, we are now a society with millions of individuals who are deficient in Vitamin D3. For more than a century, experts have recognized that Vitamin D3 plays a role in bone health. One of the best known and long-established benefits of Vitamin D3 is its ability to increase bone health and that of the musculoskeletal system.

Vitamin K2 has been scientifically proven to provide amazing benefits for bone health and cardiovascular health, plus it is a powerful anti-oxidant and some emerging science indicates it might help with joint health.

Ipriflavone combined with Calcium can slow and perhaps slightly reverse the natural process of bone breakdown. Ipriflavone maintains bone density at the spine.

Horsetail Extract. This herb has been used therapeutically since ancient Roman and Greek times. Horsetail extract consists of the following compounds: flavonoids (quercetin, luteolin and protogenkwanin glucosides, kaempferol, apigenin) phenolic acids, silicic acid, minerals, saponins (equisetin), palustrine alkaloid and equisetolic acid. The plant's therapeutic actions in maintaining bones as well as strengthening connective tissue are attributed to the silicic acid contained in the plant.

Boron aids in the proper metabolism of vitamins and minerals involved with bone strengthening and development, such as calcium, copper, magnesium, and vitamin D. In addition, boron

## CAL FAQ's

appears to enhance hormones that affect bone health.

### 1) How does Celadrin® compare to CMO (cetylmyristoleate)? Why only 500mg per packet?

Simple, research shows the body can only absorb up to 500mg at a time. Based on this it's best to take CAL in the morning and evening in order to fully absorb the calcium that you need.

### What types of calcium are in CAL?

Calcium Citrate, Calcium Aspartate and MCHA are all contained in CAL. These forms of calcium are more easily absorbed by the body, and not as upsetting to sensitive stomachs as calcium carbonate.

### If I'm taking FLX do I need CAL?

These two products work together but have very different functionality. FLX is specifically targeted at the joints. CAL is designed to provide calcium for the mineralization of the bones and other processes in the body that use calcium.

### How many packets should I take every day?

The recommended dosage is two packets however; you may need more or less than that depending on your individual needs. Remember that CAL provides 500mg of calcium per serving so adjust the number of servings you take per day on the recommendations of your physician.

## What are the bone health benefits in summary:

1. Calcium Citrate can be absorbed without hydrochloric acids.
2. MCHA fosters better absorption and reduction in radial bone loss \*
3. Calcium Aspartate extends calcium absorption to the entire length of the small intestine. \*
4. Vitamin D3 increase bone and muscular skeletal health. \*
5. Vitamin K2 promotes bone and cardiovascular health. \*
6. Ipriflavone slows or slightly reverses the natural process of bone breakdown. \*
7. Horsetail Extract strengthens bones and connective tissue. \*
8. Boron aids in the metabolism of essential vitamins and minerals, such as calcium.

\*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.

## Supplement Facts

Serving Size: 1 Packet (21g)

	Amount Per Serving	% Daily Value**
Calories	25	
Total Carbohydrates	6 g	3%
Sugars	5 g	†
Vitamin C (as acerola cherry ext.)	60 mg	100%
Calcium (as Ca citrate, MCHA, Ca aspartate)	500 mg	50%
Vitamin D3	400 IU	100%
Vitamin K2	50 µg	63%
Phosphorus (MCHA)	75 mg	8%
Magnesium (as Magnesium citrate)	30 mg	8%
Zinc (as Zinc aspartate)	7.5 mg	50%
Copper (as Copper aspartate)	1 mg	50%
Manganese (as manganese aspartate)	1 mg	50%
Ipriflavone	100 mg	†
Horsetail extract	100 mg	†
Boron (as Boron aspartate)	4 mg	†
Vanadium (as Vanadium aspartate)	100 µg	†

\*\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

**Other Ingredients:** Water, Fructose, Citric Acid, Alkalized Cocoa powder, Natural Flavoring, Xanthan Gum, Guar Gum, Stevioside, Sodium Benzoate.

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