



Chewable – good for your bones

Bio-Calcium+D3+K1 contains important nutrients for the bones. The combination of calcium, vitamin D3 and vitamin K1 helps the maintenance of normal bones. The calcium is ionised in the stomach, and the calcium ions are absorbed in the intestine with help from the vitamin D3. Vitamin K is absorbed in the small intestine where it helps maintaining healthy bone and is also part of the ability of the blood to coagulate. Bio-Calcium+D3+K1 is also suitable as a chewable tablet.

What is calcium?

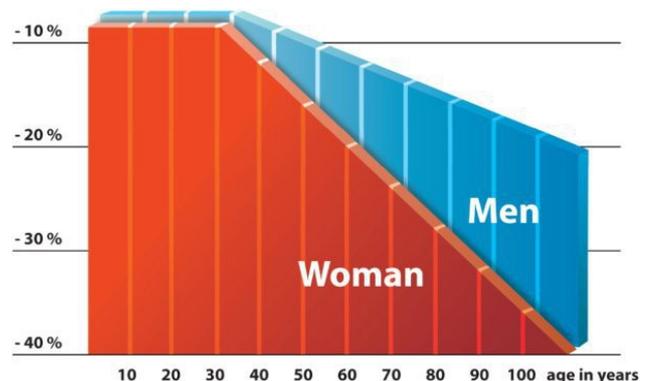
Calcium is an element and also the most abundant mineral in the human body. The most prominent function of calcium is its need in the maintenance of normal teeth and bones. Bone tissue also functions as the body's calcium storage facility. If the body gets too little calcium, it breaks down calcium from bone tissue to cover its needs.

The percent of the body's calcium which is not channeled into teeth and bones supports different body functions. For instance, calcium contributes to:

- Normal maintenance of muscle function
- Normal neurotransmission
- Normal blood clotting
- Normal energy metabolism
- Normal funktion of digestive enzymes

As shown in the following illustration, women are more exposed to bone tissue loss than men. Research shows that women who are treated with estrogen are not necessarily in less need of calcium.

Annual loss of bone tissue in %



Substantial evidence points to the fact that an adequate calcium intake during a woman's formative years provides the necessary strenght in her bone structure, thereby delaying the loss of bone tissue later in life. Younger women should therefore be extra careful to get enough calcium through their diet, or by taking a supplement.

Where do we get calcium?

- dairy products
- almonds
- vegetables
- grain and seeds
- nuts
- fruit

Bio-Calcium+D₃+K₁

1 tablet contains

Calcium	500 mg	63%
Vitamin D ₃	3 µg	100%
Vitamin K ₁	35 µg	47%

*RDA= Recommended Daily Allowance.

Dosage

1 tablet daily, unless otherwise advised.
2 tablets per day for children up to 6 years, pregnant women, lactating women and people above 60 years of age.

The tablets can be chewed or swallowed whole. Preferably before bedtime.

Do not exceed the recommended daily dosage.

Storage

Dark, dry and at room temperature.

RDA*

Keep out of reach of young children.

A healthy lifestyle and a varied balanced diet is important for maintaining good health.

Bio-Calcium contains vitamin D3 to aid the absorption of calcium in the body and also vitamin K1 for the proper absorption of calcium in the bones.

Bio-Calcium+D3+K1 is ideal in combination with Bio-Magnesium (BioActive Magnesium).

Ingredients

Calcium carbonate, sorbitol, polyvinyl pyrrolidone, xylitol, hypromellose, magnesium stearate, peppermint powder, silicon dioxide, cholecalciferol (vitamin D3), phylloquinone (vitamin K1).

Dietary supplements should not replace a varied diet.

What is vitamin D?

Vitamin D is a fat-soluble vitamin that is available in several forms, of which D2 and D3 are the most important. In fact, vitamin D is a pro-vitamin, as we are able to synthesize D3 in our skin when we get exposed to sufficient amounts of sunshine. D3 is the form of vitamin D that is absorbed most easily in the body.

Vitamin D:

- Has a role in the process of cell division and specialisation
- Contributes to the maintenance of normal bones, teeth and muscle function
- Plays a role in the absorption and utilization of calcium and phosphorus
- Contributes to normal blood calcium levels
- Supports a normal and well-functioning immune system



In recent years, science has focused on our need for vitamin D. Health authorities recommend Vitamin D supplements to children, pregnant women, dark-skinned children/adults, veiled women (and others who wear garments that cover most of the body), and to individuals who rarely or never get exposed to sunlight. In addition, nursing home residents and people over the age of 70 are advised to take vitamin D as a means of protection against brittle bones.

Calcium and vitamin D are needed for the normal growth of bone in children.

What is vitamin K?

K-vitamin is a fat-soluble vitamin that supports the ability for blood to coagulate. It is also important for the maintenance of normal bone tissue, as K-vitamin contributes the maintenance of normal bones, through supporting the production of a protein called osteocalcin.

K-vitamin and medicine

People who receive blood-thinning medication should realize that an increased intake of vitamin K may reduce the effect of their medicine. However, the vitamin K doses that are known to neutralize the effect of blood-thinning drugs are 70-285 times higher than what is supplied from one Bio-Calcium+D3+K1 tablet.