

Medvent Healthcare Pvt. Ltd.

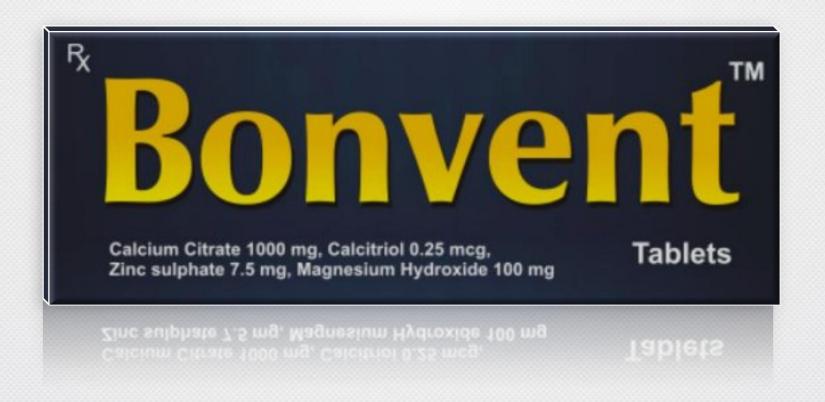
Togetherness is Happiness, & Happiness Comes From Wellness





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The Bone Builder That Re-Invent Calcium Balance





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Calcium is a chemical element with

symbol **Ca** and atomic number 20. Calcium is a soft gray alkaline earth metal, fifth-most-abundant element by mass in the Earth's crust. The ion Ca²⁺ is also the fifth-most-abundant dissolved ion in seawater by both molarity and mass,

after sodium, chloride, magnesium, and sulfate. Calcium is essential for living organisms, in particular in cell physiology, where movement of the calcium ion into and out of the cytoplasm functions as a signal for many cellular processes. As a major material used in mineralization of bone, teeth and shells, calcium is the most abundant metal by mass in many animals.

Calcium citrate is the calcium salt of citric acid. It is commonly used as a food additive, usually as a preservative, but sometimes for flavor. In this sense, it is similar to sodium citrate. Calcium citrate is also found in some dietary calcium supplements. Calcium makes up 24.1% of calcium citrate (anhydrous) and 21.1% of calcium citrate (tetrahydrate) by mass



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In many individuals, bioavailability of calcium citrate is found to be equal to that of the cheaper calcium carbonate. However, alterations to the digestive tract may change how calcium is digested and absorbed. Unlike calcium carbonate, which is basic and neutralizes stomach acid, calcium citrate has no effect on stomach acid.Calcium carbonate is harder to digest than calcium citrate, and calcium carbonate carries a risk of "acid rebound" (the stomach overcompensates by producing more acid), so individuals who are sensitive to antacids or who have difficulty producing adequate stomach acid may choose calcium citrate over calcium carbonate for supplementation.

Calcitriol, also called 1,25-dihydroxycholecalciferol or 1,25-dihydroxyvitamin D3, is the hormonally active metabolite of vitamin D with three hydroxyl groups (abbreviated 1,25-(OH)2D3 or simply 1,25(OH)2D),It was first identified by Michael F. Holick in work published in 1971.Calcitriol increases the level of calcium (Ca2+) in the blood by increasing the uptake of calcium from the gut into the blood, and possibly increasing the release of

calcium into the blood from bone.

Harvard Health Publications. Retrieved 4 August 2014.



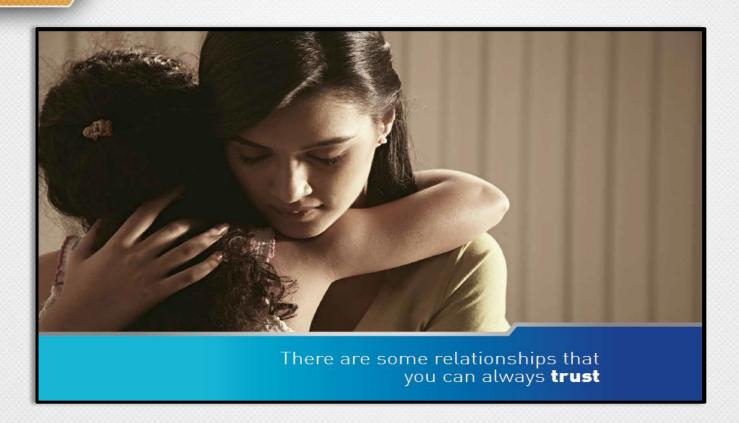
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Zinc is included in most single tablet overthe-counter daily vitamin and mineral supplements. Preparations include zinc oxide, zinc acetate, and zinc gluconate. It is believed to possess antioxidant properties, which may protect against accelerated aging of the skin and muscles of the body; studies differ as to its effectiveness. Zinc also helps speed up the healing process after an injury. It is also suspected of being beneficial to the body's immune system. Indeed, zinc deficiency may have effects on virtually all parts of the human immune system.

Spices, nuts, cereals, cocoa and vegetables are rich sources of Magnesium. Green leafy vegetables such as spinach are also rich in magnesium since they contain chlorophyll. The UK recommended daily values for magnesium is 300 mg for men and 270 mg for women. Observations of reduced dietary magnesium intake in modern Western countries compared to earlier generations may be related to food refining and modern fertilizers that contain no magnesium. Numerous pharmaceutical preparations of magnesium, as well as magnesium dietary supplements are available. Magnesium oxide, one of the most common forms in magnesium dietary supplements because it has high magnesium content per weight, is the least bioavailable.



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THANK YOU...