

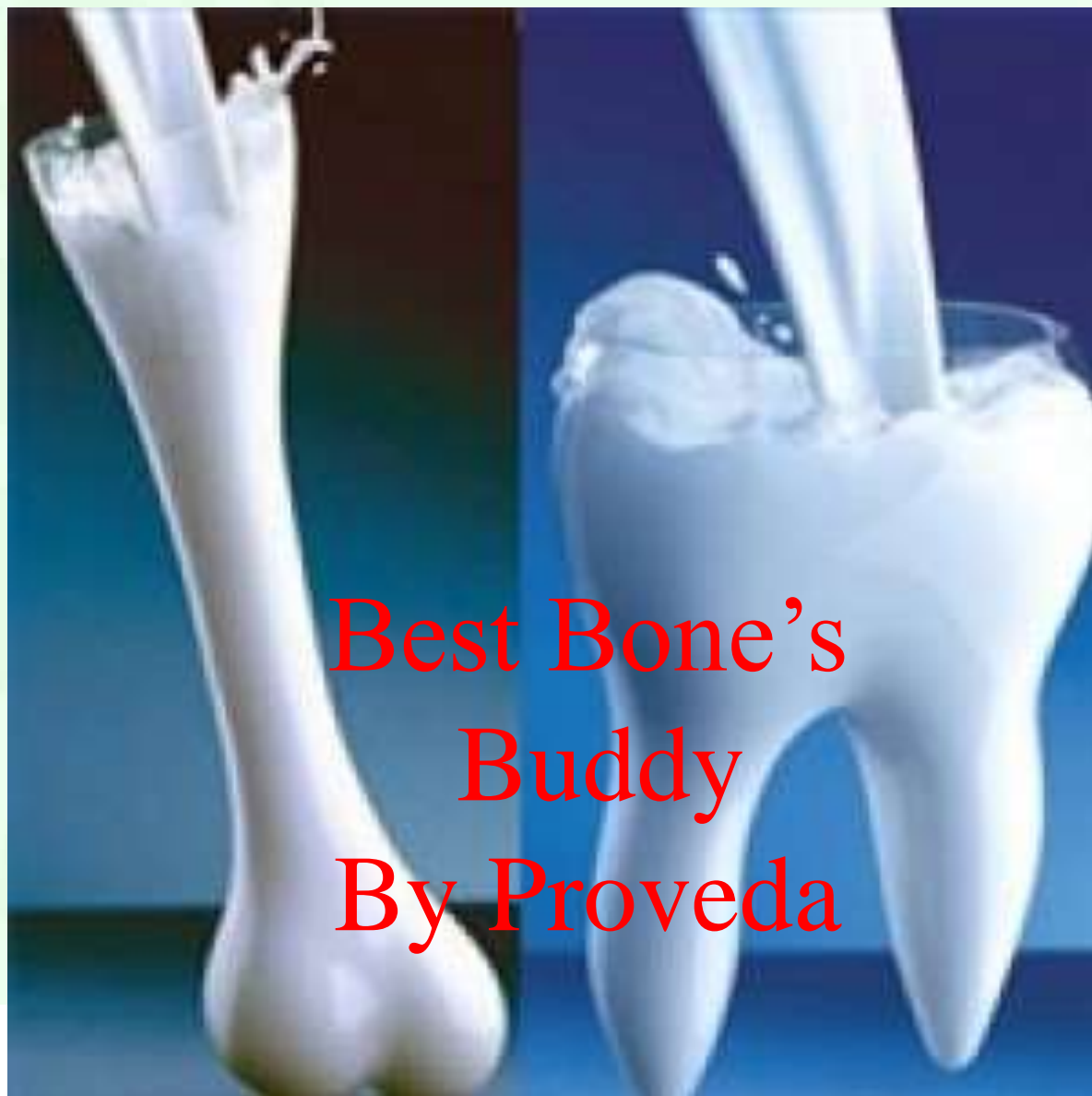


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**Best Bone's
Buddy
By Proveda**

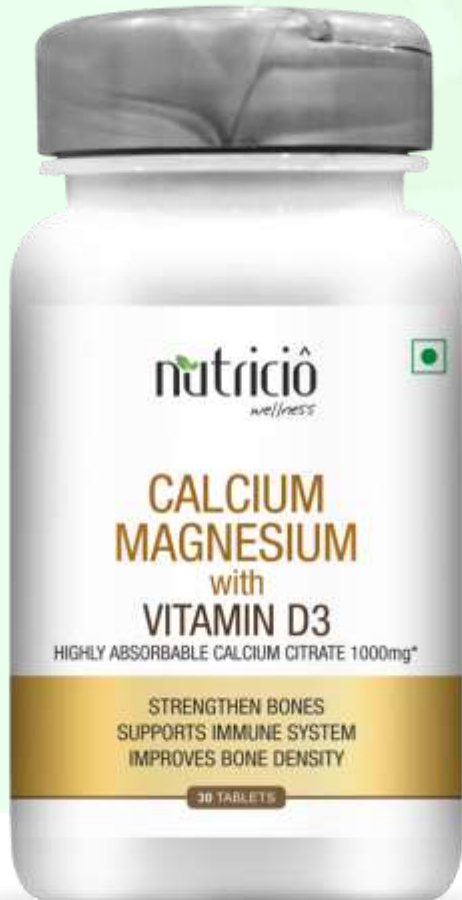


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Calcium Magnesium with Vitamin D3





Calcium : Bone's Buddy

1

- Calcium is vital integrative component of the human body

2

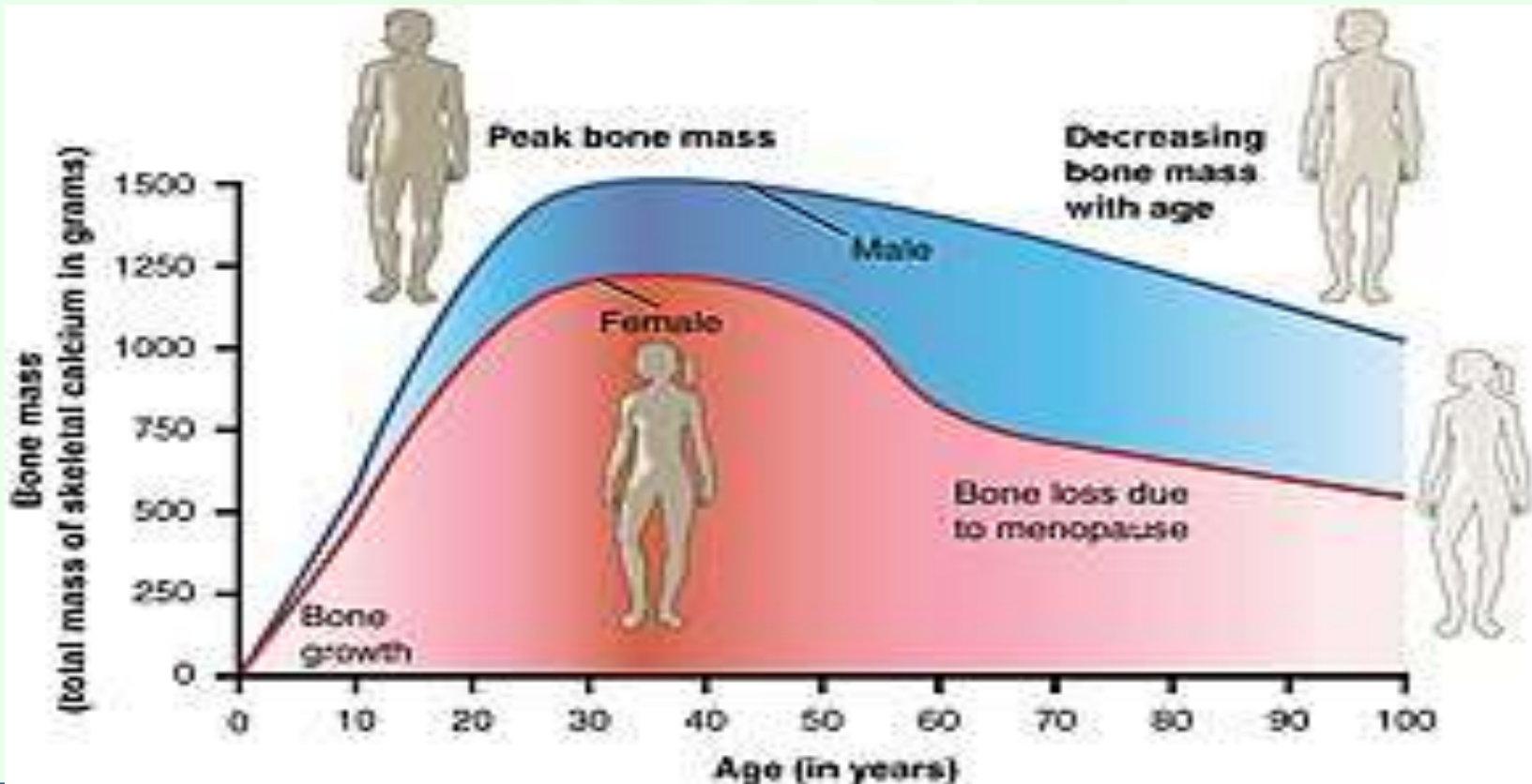
- Calcium intake is helpful in the prevention and treatment of osteoporosis

3

- It needs to maintain skeleton, regulation of hormonal secretion, transmission of nerve impulses, and vascular activities

99% of Calcium found in body and 1% in serum

Calcium and Bone Mass



Osteoporosis Fractures are a significant health problem in aging adults and leads to loss of Bone Mass as the age increases



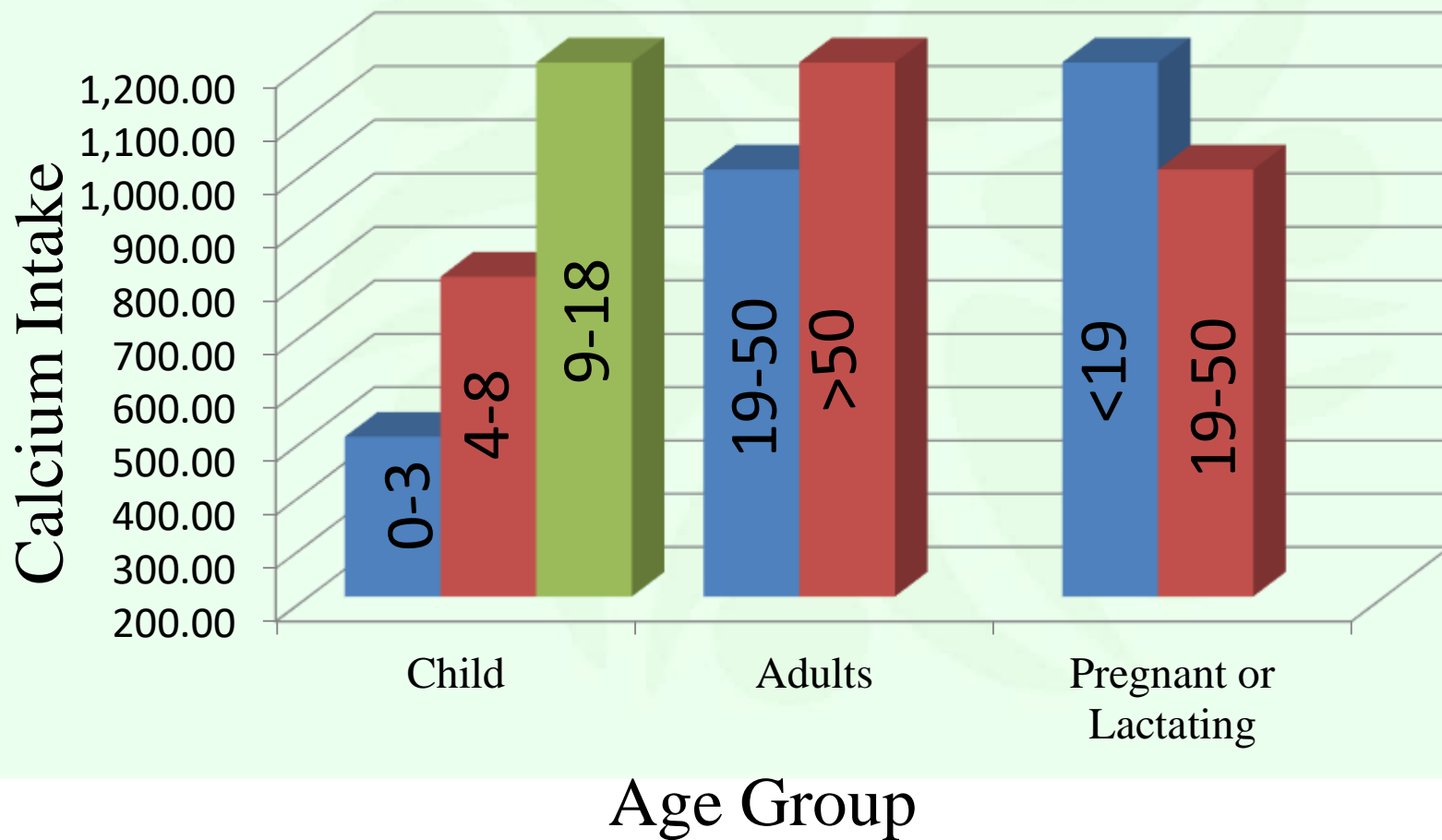
Recommended daily allowance for Calcium

Case	Age range (Yr)	Recommended Calcium intake (mg/day)
Children	0-3	500
	4-8	800
	9-18	1300
Adults	19-50	1000
	>50	1200
Pregnant or lactating	<19	1300
	19-50	1000





Recommended daily allowance for Calcium





Nutricio Calcium Magnesium with Vitamin D3

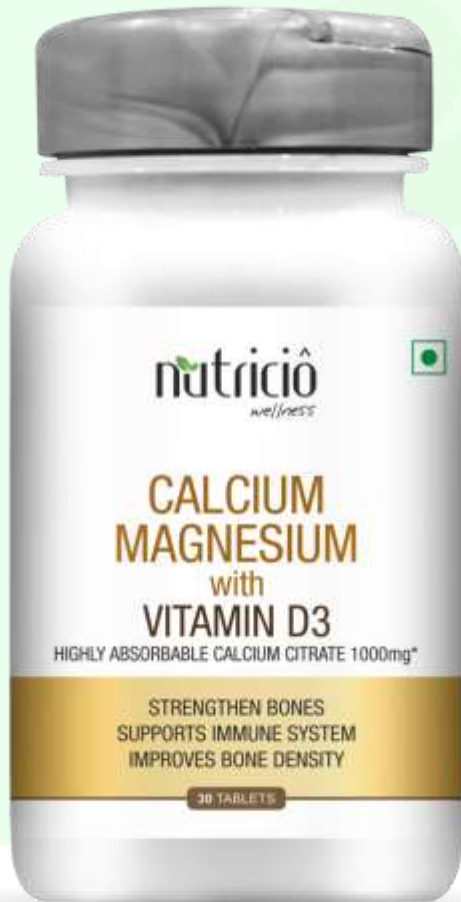


Nutricio Calcium+Vit D+Mg consist of Calcium citrate Malate as an Elemental Calcium source.



It increases the Calcium absorption along with Vitamin D3 and Magnesium

Why Calcium Citrate Malate ?



- The special structure of calcium citrate-malate makes it 6 to 9 times more easily dissolved in the stomach than plain calcium citrate,
- An absorption rate of 36-37% in tablets and capsules, or higher if dissolved in orange juice.
- Calcium citrate-malate is well-absorbed taken with or without food.

Calcium Carbonate Vs Calcium Citrate Malate

Calcium Carbonate	Calcium Citrate Malate
Concentrated form of Calcium	Bulkier form of Calcium
Sometimes it may cause constipation	It doesn't cause any constipation
Long term use of it may cause kidney stone	It doesn't cause any stone issue. This in fact prevent the Kidney stone
It must be taken with meals for absorption	It can be taken with or without meals
Little less absorption	It can be absorbed easily. 40% more absorbed than Calcium Carbonate



What is Magnesium?

1

- Mg is essential to all living cells, including osteoblasts and osteoclasts

2

- About 60% of total Mg is stored in the bone

3

- Low Mg intake retards cartilage and bone differentiation as well as matrix calcification



Why Vitamin D3 is combined?

- Vitamin D status is a determinant of the intestinal absorption of calcium and is therefore essential for maintaining calcium homeostasis.
- Calcifediol is the main circulating form of vitamin D, and its blood levels reflect your body's stores of this nutrient.
- Vitamin D3 is more effective than vitamin D2 at raising blood levels of Calcifediol and therefore it is combined with Calcium forms



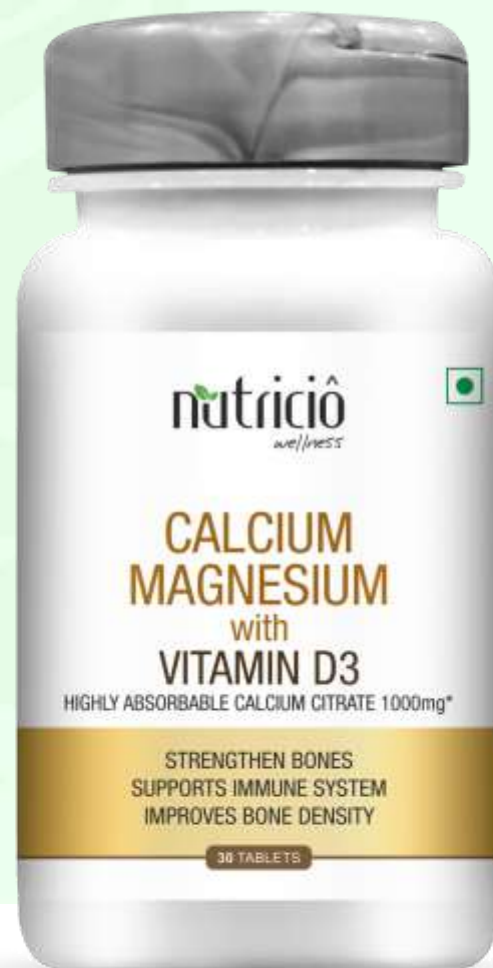
What is Bone Mineral Density?

- Bone mineral density: Bone density refers to how much calcium and other minerals are present in a section of your bone. Bone density is highest between ages 25 and 35. It goes down as you get older.
- The BMD test detects 2 major issues of Bones
- **Osteopenia** : Mild bone loss, usually without symptoms
- **Osteoporosis** : More severe bone loss, which may cause symptoms
- Fracture risk increases exponentially with age and with the decrease in bone mineral density (BMD)



What is Ca+Vitamin D+Mg?

- Nutritio : Calcium+Vit D+Mg combination is a packet of nutrients to support in bones related problems.
- It is a better source compare to other calcium sources because it absorbs more rapidly and easily and helps in proper functioning of muscles, bones and many other parts of the body.
- It contains Calcium Citrate Malate which is having 6 to 9 times more absorption





Ingredients

Calcium Citrate Malate – Elemental Calcium

It helps to reduce Osteoporosis

It supports the normal growth of bones and teeth

Magnesium

Magnesium Is Involved in Hundreds of Biochemical Reactions in Your Body

Vitamin D3

Vitamin D is essential for several reasons, including maintaining healthy bones and teeth. It may also protect against a range of diseases and conditions, such as type 1 diabetes.

Benefits

1. Supports bone health
2. It helps in blood circulation,
3. Regulate muscle movements and release hormones
4. It helps to ease premenstrual syndrome
5. It helps to reduce the risk of Osteoporosis
6. It supports the normal growth of bones and teeth
7. Due to Magnesium it helps to fight depression
8. Magnesium present in it helps to prevent Migraine
9. It may boost exercise performance



Dosage

Dosage : 2 softgel per day with water
just after meals

