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PROVERA MILK CALCIUM WITH VIT-D3, MAGNESIUM, ZINK & POTASSIUM

Role of Calcium in Human Body



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- The body needs calcium to maintain strong bones and to carry out many important functions.
- About 99% of the Calcium is stored in bones and teeth,
- Calcium supports their structure and hardness.
The body
- Calcium for muscles to move and for nerves to carry messages between the brain and every body part



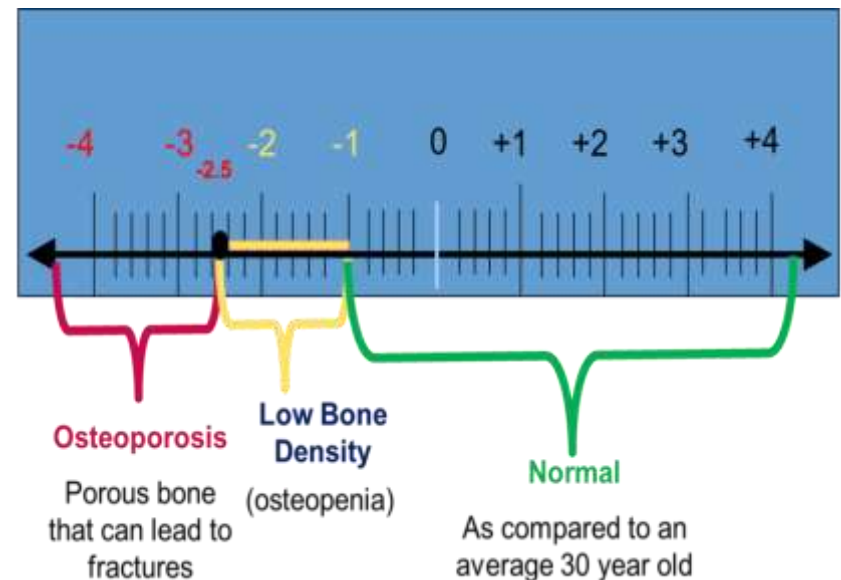
Calcium to Improve Bone Mineral Density



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BMD (Bone Mineral Density)

- A **bone mineral density** (BMD) test is **the** best way to measure your **bone** health.
- It compares your **bone density**, or **mass**, to that of a healthy person who is **the** same age and sex as you are.
- It can show. Whether you have osteoporosis, a disease that **makes** your **bones** weak. Your risk for breaking **bones**.



Source of Calcium

- milk, cheese and other dairy foods.
- green leafy vegetables – such as curly kale, okra and spinach.
- soya drinks with added **calcium**.
- bread and anything made with fortified flour.
- fish where you eat the bones – such as sardines and pilchards.



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Dairy Products are Best Source of Calcium



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- The **best sources of calcium** are dairy products,
- Including milk, yogurt, cheese,
- **Calcium lactate** is considered a **safe** source of Calcium





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Calcium Lactate Vs. Calcium Carbonate

- **Calcium lactate** is likely less constipating than **calcium carbonate**,
- Gram per gram, calcium lactate tends to provide smaller amounts of calcium than more popular forms of calcium, such as calcium carbonate and calcium citrate
- According to the Food and Drug Administration (FDA), calcium lactate is generally recognized as safe (GRAS) and may be added to all foods except infant foods and formulas

Introducing



STRENGTHEN YOUR BONE WITH CALCIUM

Milk Calcium, absorb it
with Vitamin D3,
Magnesium, Zinc,
Potassium, Phosphorus
with Probiotics.

Helps to maintain Muscle
& Bone Health

Improves Bone Growth,
Strength & Density

Reduces the risk of Osteoporosis & Fractures

60
TABLETS

**DIETARY
SUPPLEMENT**

Proveda Nutricio Milk Calcium



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- Milk Calcium Lactate :
275mg / tablet
- **Milk** remains the richest **source of calcium**, Milk calcium provides more **calcium** per serving than any **food**,
- Milk Calcium contains other nutrients like lactose and vitamin D which increase **calcium** absorption
- This makes **milk** superior to other **food sources**.



Role of Vitamin D3

- **Vitamin D** is necessary for strong **bones** and muscles. Without **Vitamin D**,
- our bodies cannot effectively absorb calcium, which is essential to good **bone health**.
- Children who lack **Vitamin D** develop the condition called rickets,
- which causes **bone** weakness, bowed legs, and other skeletal deformities, such as stooped posture.



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BENEFITS OF VITAMIN D3

- Helps in absorption of calcium into the bones*
- Supports healthier bones*
- Strengthens teeth*
- Increases muscle health and function*
- Improves overall immunity*

The infographic features a male runner in a blue jacket and grey shorts on the right side. The background is a light, warm gradient.



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Major Ingredients



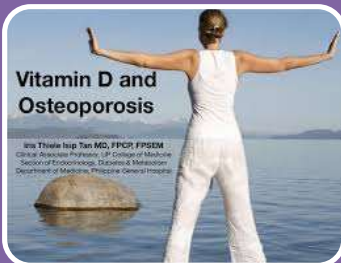
Magnesium

- **Magnesium** is a mineral that plays an important role in maintaining healthy **bones**. It contributes to increased **bone** density and helps prevent the onset of **osteoporosis**.



Zinc

- **Zinc** is an essential mineral that is required for normal skeletal growth and **bone** homeostasis. Furthermore, **zinc** appears to be able to promote **bone** regeneration.



Vitamin D3

Vit-D3 necessary for strong **bones** and muscles. Without **Vitamin D**, our bodies cannot effectively absorb calcium, which is essential to good **bone** health. Children who lack **Vitamin D** develop the condition called rickets, which causes **bone** weakness, bowed legs, and other skeletal deformities, such as stooped posture. D3



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Major Ingredients



Potassium

- Dietary **potassium** may neutralize acid load and reduce calcium loss from the **bone**, leading to beneficial effect on **bone** mineral density. In this nationwide Korean population study, dietary **potassium** intake was associated with improved **bone** mineral density in older men and postmenopausal women



Phosphorus

- **Phosphorus** works with calcium and vitamin D in your body to keep your **bones** healthy and strong . To do this, your body's **phosphorus**, calcium and vitamin D all need to be in balance



Probiotics

- Researchers have demonstrated that **probiotics**, dietary supplements with health-promoting bacteria, **can** be used to affect the human skeleton. Among older women who received **probiotics**

Health Benefits of Milk Calcium



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Calcium is an important mineral that aids your body by:

- helping bone and teeth formation
- helping to maintain strength.
- playing a role in the movement of muscles.
- assisting nerves to carry messages between the brain and other body parts.
- helping blood vessels relax and constrict (which moves blood throughout the body).
- releasing hormones and enzymes that help with various bodily functions.



Dosage & Usages

- One tab twice daily after food.
- Very safe calcium, pregnant lady, lactating mother, kids above 6 years safe to give along with any other condition.



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