Patient Fact Sheets

Total Calcium™ for Healthy Bones

by

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Osteoporosis is a disabling epidemic affecting an estimated 20 million Americans. The United States has the highest rate of osteoporotic fractures in the world. Osteoporosis is a common condition that increases with age. 1.3 million people over over 45-years of age experience hip, wrist, and back bone fractures associated with osteoporosis, a condition of excessive bone mass reduction.

The standard American diet of high sodium, high protein, high sugar, soft drinks, caffeinated beverages, and processed foods leads to calcium loss by drawing calcium out of bone tissue to buffer overly acidic conditions.

Total Calcium™ was developed to be similar to the vitamin-mineral qualities of whole foods grown on rich soils with all necessary nutrients included for absorption and utilization by the human body.

Ipriflavone helps bind to estrogen sites in bone tissue without exhibiting undesirable estrogenic effects. It helps build bone density and may reduce bone loss through its effects on the activity of bone cells. Specialized bone cells are responsible for building bone, while still other bone cells break bone down. With increased age, the breakdown rate begins to exceed the rebuilding rate. For post-menopausal women, declining estrogen levels aggravate this imbalance of bone formation and breakdown even further.

Calcium in this compound is derived from bone and retains all of the bone minerals and organic residues in their natural physiological ratio. The chelated component is a form of calcium that is well absorbed even in environments of poor stomach acid.

Magnesium maintains a proper ratio between calcium and magnesium and activates for the body's enzyme system that is essential for the formation of new bone.

Manganese is necessary for bone mineralization and other co-factors necessary to build bone.

Parotid provides glandular support and prevents heavy metal displacement of calcium.

Boron helps raise levels of estrogen, testosterone, and vitamin D. Women with osteoporosis reduced urinary calcium excretion over 40% and estrogen levels increased by taking boron.

Zinc is essential for normal bone formation.

Copper deficiency can result in reduced bone density and strength, and supplementation helps reduce bone loss.

Folic Acid is important for bone formation, which seems to be related to its role in homocysteine metabolism. Genetic homocysteine disorders show high homocysteine levels and the development of severe osteoporosis at an early age.

Vitamin D3 is required for absorption of calcium through the bowel. D3 helps increase calcium absorption, improved calcium balance, and reduced bone loss.

Strontium supports the formation of healthy bone.

Chlorophyll contains natural vitamin K and is required to form a protein found uniquely and in large amounts in bone. It is essential for bone formation, remodeling, and repair.

Wild Yam is a phytonutrient that has demonstrated natural progesterone activity without the drug form of progesterone's side effects of water retention and high blood pressure. Wild yam has also been shown to have a mild estrogenic effect.

Horsetail is an herbal source of calcium and natural silica, which help calcification sites in growing bone, and help strengthen connective tissue.