

Nutri Cal

Active Ingredients: Calcium (Calcium Carbonate) 500mg
Vitamin D3 (Cholecalciferol) 200IU

Calcium and vitamin D are used for treatment and prevention of hypocalcemia, osteoporosis, rickets, and latent tetany, prevent muscle weakness, enhance immune function, prevent autoimmune disease, multiple sclerosis, rheumatoid arthritis, chronic obstructive pulmonary disease, asthma, bronchitis, and cancer.. Calcium is also used orally for hypoparathyroidism, osteomalacia, premenstrual syndrome (PMS), leg cramps associated with pregnancy, pre-eclampsia, and reducing the risk of colorectal cancer.

Recommended usage: A factor in the maintenance of good health. Adequate calcium (and vitamin D) (throughout life) as part of a healthy diet, (along with physical activity) helps prevent bone loss/osteoporosis (in peri- and postmenopausal women) (in later life). Helps in the development and maintenance of bones and teeth especially in childhood, adolescence and young adulthood. Adequate calcium and vitamin D as part of a healthy diet, (along with physical activity) may reduce the risk of developing osteoporosis. Helps in the development and maintenance of bones and teeth. Helps in the absorption and use of calcium and phosphorus.

Risk information and safety: Calcium is safe when used in doses that do not exceed the tolerable upper intake level (UL) of 2.5 grams. Vitamin D has been safely used in a wide range of doses. When used long-term, doses should not exceed the tolerable upper intake level (UL) of 50 mcg (2000 IU) per day.

Adverse reactions: calcium can cause belching and flatulence. Although constipation is frequently cited as an adverse effect of calcium, there is no scientific substantiation of this side effect. Orally, vitamin D is well tolerated. Vitamin D intoxication can occur when vitamin D supplements are taken in excessive doses.

References:

1. Natural Medicine Comprehensive Database, 2010. Monograph: Calcium
2. Natural Health Products Directorate, Calcium monograph.
<http://webprod.hc-sc.gc.ca/nhp/nd/bdipsn/monoReq.do?id=57&lang=eng>
3. Natural Health Products Directorate, Vitamin D monograph.
<http://webprod.hc-sc.gc.ca/nhp/nd/bdipsn/monoReq.do?id=183&lang=eng>
4. Natural Medicine Comprehensive Database, 2010. Monograph: Vitamin D