

Calcium Supplement

Product Information :

Pharmaceutical form :

Category : **Dietary Supplements**

Pack : -

Brand name : -

Content : -

Therapeutic Use : -



Product Description :

Necessity of Calcium Supplement

Calcium is required by your body to create and preserve strong bones. Your bones and teeth contain about 98% of the calcium in your body. It controls how blood vessels and muscles narrow and widen in the bloodstream in addition to releasing hormones like insulin. The body will extract calcium from your bones and teeth to be utilized elsewhere if you don't consume the necessary quantity of it in your diet, which will weaken your bones.

Who Needs to Take Calcium Supplements?

When you don't get enough calcium in your diet, your body will draw calcium from your bones, making them brittle and fragile. This can develop in osteoporosis. Many doctors advise women to take calcium supplements because they are more likely to develop osteoporosis than males, especially after menopause. As a result, elderly women are considerably more prone to take calcium supplements. Supplements might assist make up the difference if your diet does not provide you with the appropriate amount. Consider calcium supplements as well if you:

Follow a vegan lifestyle

High salt or protein based diet

Health issue that prevents your body from absorbing calcium, such as

- Inflammatory bowel disease or Crohn's disease
- Have undergone gastric bypass surgery in the past
- Are receiving long-term treatment with corticosteroids
- Have osteoporosis

The Advantages of Calcium Supplements

There may be a number of health advantages to calcium supplementation.

They might aid postmenopausal women in preventing bone loss.

Women decrease bone mass after menopause as a result of a drop in estrogen.

Supplements could be useful. According to several studies, postmenopausal women who take calcium supplements — typically 1,000 mg daily — may slow bone loss by 1-2%.

They could help fat loss.

A high body mass index (BMI) and a high body fat percentage have been linked with insufficient calcium intake. It is frequently advised to take calcium & vitamin D together. This is because vitamin D enhances the body's calcium absorption.

It can minimize the risk of colon cancer

As per study, Calcium obtain from dairy products and supplements can minimize the risk of colon cancer.

Supplements may enhance metabolic indicators

Numerous studies have showed that taking calcium supplements, particularly when

combined with vitamin D, may enhance metabolic indicators.

Contact the Best Calcium Supplement Supplier

Known as a leading calcium supplement supplier and exporter in India, we offer excellent quality supplements that adhere to WHO norms and guidelines. Each dietary supplement is evaluated based on a number of criteria and quality policies. We provide our selection at prices that are competitive in the market. We guarantee the great efficacy of our medications, which are available in a variety of combinations.



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