



MEGA CAL™ CALCIUM 650 mg

UPC CODE 0 646420 2051 2

NPN# 80000248

NATURAL HEALTH PRODUCTS DIRECTORATE (NHPD) CLAIMS:

Jamieson Mega Cal™ Calcium 650 mg is approved for the following NHPD claims:

- A factor in the maintenance of good health
- Helps in the development and maintenance of bones and teeth, especially in childhood, adolescence and young adulthood
- Calcium intake, when combined with sufficient vitamin D, a healthy diet and regular exercise, may reduce the risk of developing osteoporosis

GENERAL INFORMATION

Calcium is a major mineral in the body that is perhaps most well known for its role in the formation and maintenance of strong, healthy bones and tooth enamel. Although the majority of calcium in the body is found stored in the bones and teeth, a small amount is also found in the bloodstream. Calcium in the blood has many important roles to play: it transports nutrients across cell membranes; produces hormones and enzymes involved in digestion and metabolism; is involved in nerve cell communication; promotes blood clotting and wound healing; and assists with muscle contractions. Calcium is an essential nutrient throughout the lifespan, but it is particularly important for growing children and adolescents to help establish adequate bone mass for maintaining strong bones throughout life.

Although only a small amount of calcium is found in the bloodstream, the body keeps blood levels of calcium tightly regulated. If there is inadequate calcium in the bloodstream, bone resorption (breakdown) will occur in order to draw calcium from the bones into the blood. Over many years, this condition can lead to the development of osteoporosis, a disease characterized by brittle and weak bones, which increases the risk of hip and vertebrae fractures as well as spinal deformities and loss of height. Osteoporosis generally strikes both men and women in later life, though it is a particular concern for post-

menopausal women. The risk of osteoporosis increases when the diet does not provide adequate calcium. Regular calcium supplementation along with weight-bearing exercises can help prevent bone resorption and osteoporosis to reduce the risk of fractures later in life.

New scientific evidence shows that calcium plays many other important roles in the body. This mineral has been shown to reduce the irritating effects of bile acids and fatty acids on the lower colon. Calcium is also thought to play a role in reducing high blood pressure. By allowing the muscles to contract and relax, adequate calcium ensures that the heart and blood vessels function normally.

Other research indicates that calcium can help relieve symptoms of pre-menstrual syndrome (PMS), heartburn, and insomnia. Symptoms of PMS include irritability, mood swings, and depression. These symptoms have been attributed to several factors, one of which is hormonal imbalances caused by insufficient calcium. A regular calcium supplement may prevent symptoms of PMS, and reduce the severity of these symptoms when they do occur. Calcium is also thought to help alleviate insomnia in some individuals.

Jamieson's Mega Cal™ Calcium 650 mg is formulated from natural sources and is pharmaceutically tested to guarantee full potency and absolute clinical purity.

What makes Mega Cal™ Calcium 650 mg from Jamieson Laboratories different...and why does that difference mean better?

- 1) Provides the highest potency of elemental (absorbable) calcium in a single source. Compared to other formulas, consumers can meet their calcium requirements with only two Mega Cal™ servings.
- 2) Contains calcium from a highly absorbable natural complex, including calcium carbonate bound to Krebs cycle intermediates, including citrate, fumarate, malate, succinate and glutamate. The Krebs cycle is an energy producing system in the body's cells. The intermediates derived from this process are already ionized, soluble and non-toxic. This unique proprietary blend of calcium sources is therefore highly bioavailable, and also helps to enhance the absorption of other minerals in the body.

For Accidental Overdose (such as child ingesting formula)
Dial 911, 0 for operator assistance or call you nearest Poison Control Centre.

For Professional Use Only

The information contained here has been accumulated from many sources.
Indications are not intended as cures, they are simply a guideline to be used at your professional discretion.

For more information please visit www.jamiesonvitamins.com or call 1-800-265-5088 to speak to a Consumer Affairs representative.

02/08/12



- 3) Our premium formulations are manufactured using the 360 Pure process – a minimum of 360 quality tests that guarantee traceability and reliability of raw material, product safety, full potency and absolute clinical purity.

INGREDIENT INFORMATION

Available as 100 caplets.

Each caplet contains:

Elemental Calcium.....650 mg
(Mega Cal™, high absorption calcium is a complex of carbonate, citrate, malate, fumarate, succinate sources)

EXCIPIENTS

Maltodextrin, Water-Soluble Cellulose, Mineral Oil, Titanium Dioxide, Glycerin, Modified Cellulose Gum, Triethyl Citrate, Purified Magnesium Silicate, Polysorbate 80, Brazilian Palm Tree Wax.

DIRECTIONS

Take 2 caplets daily with meals. Take a few hours before or after taking other medications. Store between 15°C-25°C, away from children.

INDICATED BENEFITS

- Maintains strong bones and healthy teeth
- Helps prevent osteoporosis to reduce the risk of fractures later in life
- May help reduce high blood pressure
- Relieves symptoms of PMS
- Aids in the nervous system, especially with impulse transmission
- Helps fight insomnia
- Supports colon health
- Good for adolescents and post-menopausal women

NUTRIENT INTERACTIONS

Drug Interactions

Calcium can interfere with tetracycline antibiotics and calcium channel blockers.

Consult your physician before use if you are taking any thiazide diuretics, as these can cause extremely high (potentially toxic) levels of calcium in the body.

Nutrient Depletions

Calcium can impair the absorption of the mineral iron.

Foods high in phosphorus (animal protein and soft drinks) promote urinary loss of calcium. High consumption of caffeine, and excess dietary fat and fibre can inhibit calcium absorption.

Calcium may be depleted by corticosteroids, bronchodilators, anti-osteoporotics, cholesterol-reducing medications, anti-gout medications, and sulfonamides.

Supportive Interactions

Vitamin D enhances calcium absorption. Ensure that you are getting at least 400 IU of vitamin D each day for optimal calcium absorption.

Garlic supplements along with calcium may help reduce high blood pressure.

WARNINGS AND PRECAUTIONS

None known when taken as directed.

TOXICITY, ADVERSE REACTIONS, AND SIDE EFFECTS

Calcium carbonate may cause symptoms of gas, bloating, or constipation. If this occurs, switch to calcium citrate. Do not exceed recommended dosage. Excess calcium can contribute to the development of kidneys stones, and may cause calcium deposits in the body.

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