

Getting enough Calcium from your diet?

Getting enough calcium everyday is vital to build strong bones, healthy nails and teeth and to prevent a loss of bone strength and density in later life.



Why Do We Need Calcium?

Calcium is one of the most essential and important minerals in our body. It is also the most abundant, with 99% being deposited in our bones, teeth and nails. Calcium is also used by almost every cell in the body including the heart, nerves and muscles and is relied on by the body for the development and maintenance of bone structure. It is essential if you are interested in remaining healthy.

Although we imagine our bones are permanent, they are actually being constantly eroded throughout our life and replaced with new bone tissue. In fact, our entire skeleton is renewed approximately every 7 years! If we do not consume enough calcium in our diet, our body takes the necessary calcium *straight from our bones* to use for other essential functions. **This can result in brittle or porous bones, broken bones, low bone density and weakness -especially in later life.**

To ensure we maintain excellent bone health, it is essential we receive sufficient quantities of calcium every day. It is even more important to ensure that the body can *absorb* and *utilise* the calcium it is given. Food researchers and scientific literature have long concluded that **natural** food complexed calcium is “the most suitable form of calcium for long-term use”. Naturally occurring calcium from food is far superior to non-food calcium and most of the best sources of minerals are from natural plant or vegetable foods. However, calcium is high in only a very limited number of foods. You need between 700-1500mg of calcium per day and your body does not make calcium so you must get it through your daily food intake.

Do you need more Calcium?

- Are you a woman – over 16 years old?
- Do you drink coffee or tea?
- Do you drink alcohol daily?
- Are you pregnant or breastfeeding?
- Are you on a diet?
- Do you smoke?
- Do you not exercise regularly?
- Do you have an allergy to dairy foods?
- Are you a vegetarian?
- Are you on a high protein diet?
- Do you have brittle nails?
- Are you underweight or small boned?

✓ Certified Organic

✓ G.E. Free - Dairy Free - Gluten Free

✓ A complete & natural calcium food

✓ Contains no hydroxyapatite (crushed cow bone)

✓ Contains no preservatives or additives

✓ Contains essential co-factors magnesium, boron, selenium and zinc for maximum absorption and bone health.

How to take Lifestream Natural Calcium

Take capsules* with liquid or sprinkle the powder onto food. The absorption of Lifestream *Natural* Calcium will be increased when taken with meals. Individual nutrient requirements will differ, for example those on a dairy-free diet may need higher calcium doses. See your Healthcare practitioner for expert advice. Lifestream *Natural* Calcium is available in capsules* and powder for maximum ease of absorption and utilisation in the body.

Recommended daily intake of calcium (RDI).

AGE (years)	1-3	4-11	12-15	16-18	Women 19-54	Women 54+	Men 19+	Pregnancy Breast-Feeding
RDI	700mg	800mg	1000mg - 1200mg	800mg - 1000mg	800mg	1000mg	800mg	1000mg - 1200mg

Lifestream *Natural* Calcium capsules* provide: 300mg elemental calcium per capsule*. Lifestream *Natural* Calcium powder provides:

- 1/4 tsp of Powder provides 231mg elemental Calcium
- 1/2 tsp 462mg “
- 3/4 tsp 693mg “
- 1 tsp 924mg “
- 1 rounded tsp 1155mg “

SERVING SUGGESTIONS

Children 1-11yrs: Take 1/4 to 1/2 teaspoon daily
Teenagers 12-15yrs: Take 1-3 capsules* or 1/2 to 1 teaspoon daily
Adults 16+: Take 1-3 capsules* or 1/2 to 3/4 teaspoon daily
Pregnancy/ Breastfeeding Take 2-4 capsules* or 1/2 to 1 rounded teaspoon daily
(Capsules not available in Australia*)

WARNING: Capsules* are not recommended for small children due to the risk of choking. Please remember anything taken internally may interfere with essential medications. For further advice consult your health professional. For more information see our website.

Ideas for Use

Lifestream *Natural* Calcium powder can be added to smoothies, baking or cooking to increase the level of calcium and mineral co-factors. Lifestream *Natural* Calcium has virtually no taste and can be used as follows:

- Add to your Lifestream *Bioactive* Spirulina Smoothie for a energising, calcium-rich blend
- Calcium rich baking (breads, cakes and biscuits) – just add to your dry ingredients
- Stir into regular orange juice
- Try mixed into tomato juice
- Make a calcium-rich smoothie by blending Lifestream *Natural* Calcium with fruit juice plus a banana - delicious!
- Sprinkle over muesli or porridge

Do you have to take Calcium and Magnesium at the same time in a ratio of 2:1?

No. There are no natural calcium rich foods with a 2:1 ratio and instead the ratio of calcium to magnesium varies considerably in all foods. Human breast milk is at a ratio of 10:1 – just like cows milk and other natural foods. Many human cultures like the Chinese, Polish, Japanese & African-Americans have had strong bones for thousands of years without ever taking or relying on calcium and magnesium at a 2:1 ratio(1).

Does Lifestream Natural Calcium contain Vitamin D?

No. Most Vitamin D in dietary supplements is synthetically derived from sheep lanolin and then added by man.

As Lifestream *Natural* Calcium is a pure, natural sea vegetable, it does not contain added Vitamin D. Vitamin D is made by the body by small regular exposure to sunlight or by eating eggs, milk, fish liver oils, sprouted seeds or Lifestream Chlorella.

What is Lifestream Natural Calcium?

Lifestream *Natural* Calcium is a certified organic sea vegetable called *Lithothamnium calcareum*. We believe it is the best absorbed & highest quality calcium available anywhere.

What Kind of Calcium is in Calcium Supplements?

Calcium Form	Actually Is
Calcium Hydroxyapatite	Processed, degreased, crushed cow bone meal
Calcium Carbonate	Limestone or precipitated chalk
Calcium Citrate	Limestone or chalk processed with lactic and citric acids
Calcium Gluconate	Limestone or chalk processed with gluconic acid
Calcium Lactate	Limestone/chalk processed with lactic acid
Lifestream <i>Natural</i> Calcium	Certified Organic Sea Vegetable

The single most important aspect when taking calcium is that it is digested, utilised and retained in the body as absorption into the bones is the key. As we do not absorb minerals in rock form (the way plants do) should we swallow rocks processed with various acids for their calcium intake? Food researchers and scientific literature have long concluded that **natural** food complexed calcium is “the most suitable form of calcium for long-term use”. Naturally occurring calcium from food is far superior to non-food calcium and most of the best sources are from natural plant or vegetable foods.

Is Lifestream Natural Calcium well absorbed?

YES. This is due to 3 unique and special aspects:

1. Lifestream *Natural* Calcium has a unique porous ‘honeycomb-like’ structure which reacts particularly well in the digestive system and gives it extraordinary absorption properties.
2. A Lifestream *Natural* Calcium molecule has a very large surface area. This allows faster solubilization and rapid ionisation of the calcium. Increased surface area means more reactive surfaces and better absorption.
3. Lifestream *Natural* Calcium contains magnesium, boron, selenium, phosphorus, zinc, copper and iodine in a perfect natural food blend made by Mother Nature.

Test Results

In a comparative study(2) to evaluate the solubility of Lifestream *Natural* Calcium against various other calcium sources at 3 different pH levels, Lifestream *Natural* Calcium proved to be the most soluble and resulted in the highest femur bone weight increase. The test method used an ion selective electrode and specially designed system for a more realistic digestive measure of solubility (such as would actually happen in the human body instead of the classic ‘in water’ studies). This result showed very clearly that Lifestream *Natural* Calcium is well absorbed, utilised, retained in the body and gets right into the bones.

The Benefits of taking Lifestream Natural Calcium daily

- Builds strong healthy bones and nails
- Helps to support bone density and strength as you age
- Supports skeletal strength and posture of the spine
- Strengthens and builds strong healthy teeth
- Lessens the physical and emotional experience of PMS

Lifestream Natural Calcium is the highest quality calcium available:

- The only calcium supplement that is Certified Organic
- Highly absorbed & well utilised by the body – right into the bones
- 100% Dairy-Free, G.E. Free, Animal Free, Vegetarian and Gluten Free
- Contains magnesium, zinc, boron, selenium, phosphorous - naturally
- Contains NO Hydroxyapatite (crushed cow bone)
- Contains NO animal products or by-products
- Contains NO preservatives or synthetic additives
- Very rich in calcium and contains trace minerals - naturally
- Available in easy-to-swallow capsules* or almost tasteless powder
- Not synthetically produced or made from chalk
- A complete & natural calcium food

Bone density scan reveals undigested calcium tablet...

It is well known fact that some people are not able to break down and digest hard tablets. Edna from Tinwald in the South Island says “2 years ago at a bone density scan; the technician was confused at a small white oval tablet shape showing up in my stomach/bowel area. After some discussion, we realized it was a complete whole calcium tablet that I had taken some 6 hours earlier, making us all severely question its ability to be digested at all” Edna, Tinwald, South Island, NZ, 2004

The Results Speak for Themselves...

“I would recommend Lifestream’s *Natural* Calcium to be an excellent supplement for people suffering from dairy allergies and intolerances. My two-year-old son is unable to consume dairy products - so a quick fruit smoothie with a 3/4 tsp of natural calcium gives him his calcium requirement for the day. Best of all it blends in well and he doesn’t realise that anything has been added! It is reassuring to know that this form of calcium is highly absorbable, 100% certified organic and contains other minerals that are important for healthy bones.” Shalinee, Auckland, NZ, Feb 2003



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