



Calcium supplement tablets with additional vitamins and minerals

order details



Calcium is required for healthy bones, teeth and skin, yet few adults obtain enough through their daily diets. Xtra-Cal is one of the most concentrated forms of calcium supplementation available and assists with promoting strong bones and teeth and includes Vitamin D, Magnesium and herbs, for better calcium absorption and utilisation.

Key Benefits:

- Can assist in the prevention and/or treatment of osteoporosis
- Includes Vitamin D and Magnesium for better Calcium absorption and utilisation
- Can provide the Calcium needed for strong and healthy bones.

Why You Need It:

Studies suggest the main culprits for inadequate calcium levels are high, non-dairy protein diets, excessive coffee, or lack of Calcium. Protein is an acid-forming substance. When there is an excess of acid, the body tries to neutralise it with alkaline agents (Calcium and Sodium), which then reduces the body's alkaline reserves.

Xtra-Cal contains several other specially chosen vitamins and minerals to benefit skeletal health by providing nourishment for the bones. To become less susceptible to osteoporosis, cut down coffee intake to two cups a day, exercise for 30 minutes every other day and ensure Calcium intake is adequate (at least 1000mg daily).

Key Ingredients:

Calcium – the most abundant mineral in the body, providing strength for the skeleton and is important in nerves and muscles.

Magnesium – central to energy release and the functioning of the nerves and muscles. It also plays a role in bone structure.

Copper – component (with zinc and manganese) of an antioxidant enzyme system. Needed for melanin formation and iron metabolism.

Zinc – needed for healthy reproductive and immune systems. Also required for tissue repair and renewal.

Vitamin E – antioxidant needed for the health of the heart.

Vitamin D – helps maintain strong and healthy bones by improving the body's ability to absorb calcium.

Manganese – component (with Zinc and Copper) of an antioxidant enzyme system. Needed for healthy bones and nervous system.

Vitamin C – antioxidant which helps white blood cells fight infection and is needed for healthy skin. It also helps the body absorb iron from non-meat sources.

Glutamic Acid HCL – excellent form of Hydrochloric acid – enzymes which assist in the breakdown and digestion of foods in the stomach (such as fibrous meat).

Did You Know?

The entire skeleton of an adult is replaced every 7-10 years. The calcium content of the body weighs approximately 1.36 kg, 99% of which is in the bones and teeth. The remaining 1% has such an important function in the body that when deficiency arises, it is taken from the bones. Regular exercise stimulates and strengthens bones.

SKU #0020 Xtra-Cal

Volume Points: 10.25
Packaged: 90 tablets
(30 day supply)

Directions For Use:

Take one tablet three times daily, with meals.