



InterPlexus™

Calcium²™

Highly Bioavailable Calcium Compounds*
(Calcium Citrate & Bisglycinate)

**Supports healthy bone development and maintenance,
muscle function (including heart), and nervous system function***

Calcium citrate and calcium bisglycinate are fully-reacted, organic bound calcium salts known to have excellent bioavailability.

Why “Non-GMO” is important:

InterPlexus is dedicated to providing the highest quality supplements available. Quality starts with the raw materials used to make our products. We have ensured that no genetically modified ingredients were used in the manufacturing of this product.

Why “No Excipients” is important:

Excipients or “other ingredients” in supplements are used as a part of the manufacturing process and are not considered nutritionally relevant. Some examples of excipients include bulking agents, coatings, colors, and flavors. This product is intentionally formulated without excipients because InterPlexus is committed to producing supplements which are the safest and most beneficial for our consumers.



Supplementation with Calcium²:

- Supports healthy bone development & maintenance*
- Supports optimal muscle function*
- Supports the heart & blood pressure*
- Supports nerve function*
- Contributes to a healthy body weight*
- Contributes to a healthy menstrual cycle*



Dairy Free



Soy Free



Egg Free



Gluten Free



Non-GMO



Vegetarian

NO EXCIPIENTS

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health concerns.

Calcium²TM

Supports healthy bone development and maintenance, muscle function (including heart), and nervous system function*

How does Calcium² work?

Calcium² is formulated with two highly bioavailable calcium salts for supporting healthy cardiovascular, musculoskeletal, and nervous system functions.* Many individuals do not consume the recommended daily intake of calcium from food or are unable to absorb calcium they are consuming. Because calcium is an essential nutrient, calcium supplementation is often a crucial addition to a healthy lifestyle.

Importance of formulation:

Many calcium supplements on the market use calcium carbonate as their main source of calcium, which is an inexpensive form of calcium that is often poorly absorbed. Calcium citrate is a preferred form of calcium for supplementation because absorption is not affected by the presence or absence of stomach acid (so it may be taken with or without meals). InterPlexus takes calcium supplementation to the next level with the addition of calcium bisglycinate, an amino acid chelate of calcium. Chelated forms of minerals have been shown to provide superior bioavailability and absorption.*

What the research shows:

Calcium, the most abundant mineral in the body, plays many crucial roles in human physiology. Calcium is required for the regulation of blood vessel contraction and dilation, the contraction of muscles, the conduction of nerve signals, and hormone secretion.¹

Calcium is required for the growth and maintenance of healthy bones. Calcium deficient diets may result in poor bone formation for infants and children as well as loss of bone mass later in life. Throughout the lifespan, decreased levels of serum calcium may lead to net resorption of bone and loss of bone mass in order to satisfy daily calcium needs.¹ Calcium supplementation in older adults slows the progression of osteoporosis and reduces the risk of fractures.² The American College of Rheumatology recommends older adults receiving corticosteroid treatments are in particular need of calcium supplementation.³

Calcium status affects cardiovascular health. Studies suggest calcium reduces blood pressure.⁴ Research on calcium supplementation shows a decreased risk or severity of preeclampsia for pregnant women and therefore decreased risk of related sequelae including preterm labor.⁵ Additionally, calcium supplementation may decrease LDL and increase HDL cholesterol. In a study where subjects with mild to moderate hypercholesterolemia took the RDA of calcium and made dietary changes, statistically significant decreases in LDL and an increase in HDL occurred.⁶

There has been concern in research regarding the risk of cardiovascular disease and calcium supplementation. Recently a meta-analysis of that existing research on calcium supplementation in elderly women found no increased risk of cardiovascular events in those taking calcium supplements. Experts continue to recommend that elderly women supplement with calcium as they are unlikely to be reaching their calcium goals through diet alone.⁷

Calcium may be associated with decreased risk of recurrence of colon cancer. A meta-analysis of three randomized, controlled trials showed a decreased colorectal cancer recurrence rate with calcium supplementation, however more research is warranted.⁸ A Cochrane review found calcium supplementation prevented recurrence of colon adenomas, but the review did not determine if

there is yet enough evidence to recommend calcium as standard of care for cancer prevention.⁹

Calcium may also help improve PMS symptoms.¹⁰ Women consuming amounts of calcium greater than the RDA showed fewer PMS-related symptoms such as low mood, water retention and pain than those taking in lower amounts. Women who ate on average 1283 mg of calcium per day (from food) had a 30% less chance of exhibiting PMS symptoms than those who ate, on average, 529 mg per day.¹¹

Calcium may help regulate healthy body weight. A meta-analysis of several prospective studies showed a correlation between calcium intake and body mass index (BMI) through a variety of suggested mechanisms.¹² Mouse models suggest low calcium intake is associated with increased fat production in body tissues.¹³ Higher calcium diets are thought to increase the amount of fecal fats excreted and decrease the gastrointestinal absorption of fats.¹⁴

Supplement Facts

Serving Size: 1 Capsule

Servings per Container: 90

	Amount Per Serving	% DV
Calcium (as tricalcium citrate 4-hydrate, calcium bisglycinate)	116 mg	12%

Other ingredients: vegetarian capsule (hypromellose, purified water).

Dairy, Soy, Egg & Gluten Free. Vegetarian.

Suggested Use: Take 1 capsule three times a day with a meal or as directed by your physician.

Caution: If pregnant or nursing, consult your physician before using this or any other product.

Keep out of reach of children.

Store in a cool, dry place.

Manufactured in the USA in a GMP compliant facility.

References:

- ¹ Weaver CM. Calcium. In: Erdman JW, MacDonald IA, Zeisel SH, eds. *Present Knowledge in Nutrition*. Wiley-Blackwell; 2012:434-446.
- ² Prince RL, Devine A, Dhaliwal SS, Dick IM. *Arch Intern Med*. 2006;166(8):869-875.
- ³ Grossman JM, Gordon R, Ranganath VK, et al. *Arthritis Care Res*. 2010;62(11):1515-1526.
- ⁴ Dickinson HO, Nicolson DJ, Cook JV, et al. *Cochrane Database Syst Rev*. 2006;(2):CD004639.
- ⁵ Villar J, Abdel-Aleem H, Merialdi M, et al. *Am J Obstet Gynecol*. 2006;194(3):639-649.
- ⁶ Bell L, Halstenson CE, Halstenson CJ, Macres M, Keane WF. *Arch Intern Med*. 1992;152(12):2441-2444.
- ⁷ Lewis JR, Radavelli-Bagatini S, Rejnmark L, et al. *J Bone Miner Res*. 2015;30(1):165-175.
- ⁸ Carroll C, Cooper K, Papaioannou D, Hind D, Pilgrim H, Tappenden P. *Clin Ther*. 2010;32(5):789-803.
- ⁹ Weingarten MA, Zalmanovici A, Yaphe J. *Cochrane Database Syst Rev*. 2008;(1):CD003548.
- ¹⁰ Thys-Jacobs S, Starkey P, Bernstein D, Tian J. *Am J Obstet Gynecol*. 1998;179(2):444-452.
- ¹¹ Bertone-Johnson ER, Hankinson SE, Bendich A, Johnson SR, Willett WC, Manson JE. *Arch Intern Med*. 2005;165(11):1246-1252.
- ¹² Dougkas A, Reynolds CK, Givens ID, Elwood PC, Minihane AM. *Nutr Res Rev*. 2011;24(1):72-95.
- ¹³ Gonzalez JT, Rumbold PLS, Stevenson EJ. *Obes Rev Off J Int Assoc Study Obes*. 2012;13(10):848-857.
- ¹⁴ Christensen R, Lorenzen JK, Svith CR, et al. *Obes Rev Off J Int Assoc Study Obes*. 2009;10(4):475-486.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.