

SuperCalcium+™

Purpose & Rationale

This product supplies bone building nutrients commonly low in Western diets in the amounts necessary to complement food intake to help build and maintain bone health throughout one's lifespan. Osteoporosis results from an imbalance between bone deposition and resorption (breakdown). The consequent decline of bone mass increases the risk of fractures. Osteoporosis affects millions of people worldwide, predominantly postmenopausal women. In the United States, low bone mass is a threat for more than 40 million people.¹¹⁵ The significant departure in adulthood from the use of dairy products (especially milk) and the warnings on sun exposure have significantly reduced the ability of the U.S. population to acquire adequate levels of calcium and vitamin D through diet alone.

Typical Use

- For any adult not meeting the recommended intakes for calcium (1,000-1,300 mg/d) and required bone health co-factors (vitamin D, K, magnesium and boron) through diet, which is most of the U.S. population.¹¹⁶
- Females: Take 1-2 tablets daily with meals. If needed, take 1 tablet with a morning meal and the second with an evening meal.
- Males: Take 1 tablet daily only if dietary calcium falls short of recommendations, unless supervised by a qualified health professional.^{117,118}

Unique Features

- Contains calcium, magnesium, vitamins D and K, which have all been shown to be crucial for bone health, including calcium utilization.
- Calcium and magnesium are prepared in their proper salt forms designed to optimize delivery and utilization.
- Vitamins K1 and K2 are included to maximize bone deposition of calcium.
- Boron is added to help maximize the role of vitamin D in bone health.
- This formula complements the use of other dotFIT products in order to allow the user to

maintain a safe and optimal range of total nutrient intake.

- NSF Certified for Sport—third party tested for purity, potency and absence of contaminants.
- Manufactured in a facility that is in compliance with Good Manufacturing Practices (GMPs) exclusively for dotFIT.
- Third-party tested.

Contraindications

The use of calcium supplements by those with a history of kidney stones has varied results. Some individuals with a history of stones will benefit from the supplementation of calcium with food as it aids in the removal of oxalates. However, those with absorptive hypercalciuria may have an increased risk of stone formation although studies have found no connection with supplementation.^{119,120,121} Consult with a physician when a history of kidney stones exists, or when taking these drugs: biphosphonates,¹²² hydrogen blockers, levothyroxine,¹²² proton pump inhibitors, quinolones¹²³ and tetracyclines.¹²⁴ Excessive vitamin K does not increase the risk of blood clots, but those taking Warfarin (Coumadin®) for anti-coagulation should avoid supplemental vitamin K because Warfarin is a vitamin K antagonist.^{125,126} In all cases, consult with a physician.

Supplement Facts				
Serving Size: 1-2 Tablets				
Servings Per Container: 60 to 120				
	Amount 1 tablet	% DV	Amount 2 tablets	% DV
Vitamin D (as Cholecalciferol)	200 IU	50%	400 IU	100%
Vitamin K (as phytonadione K1 and menaquinone K2)	30 mcg	38%	60 mcg	75%
Calcium (as carbonate)	500mg	50%	1,000 mg	100%
Magnesium (as oxide and citrate)	125 mg	32%	250 mg	63%
Boron (as Sodium Borate)	1 mg	**	2 mg	**

** % Daily Value not established.