

# CALCIVITASE®

for the maintenance of healthy bones



Consumer information:  
please read carefully

## CALCIVITASE® at a glance

- gluten-free
- lactose-free
- without yeast and gelatine
- vegetarian

CALCIVITASE® is a food supplement containing calcium, inulin and the vitamins D<sub>3</sub> and K.

### Recommended intake

Adults take 1 tablet of CALCIVITASE® 3 times daily with meals and sufficient fluids. A trial has shown that a long-term sufficient supply of calcium and vitamin D<sub>3</sub> is particularly appropriate for women aged 50 and over.

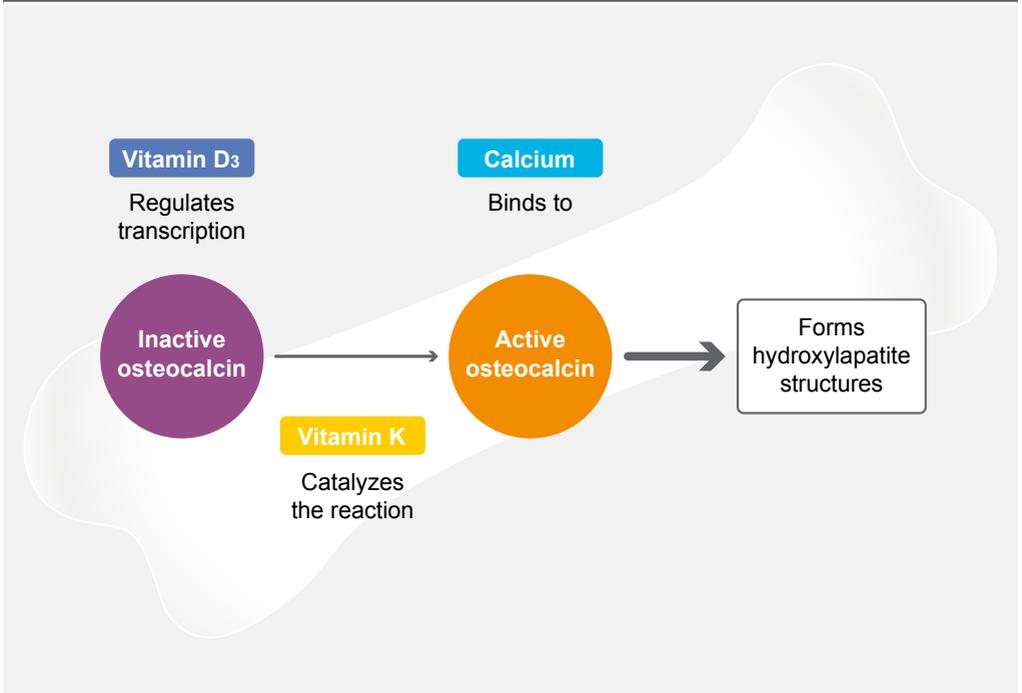
A positive effect is achieved with a daily intake of at least 1,200 mg calcium from all sources.

Long-term use of CALCIVITASE® is recommended.

we are  
research



## Role of vitamin K in maintaining normal bones



### Calcium – the bone mineral

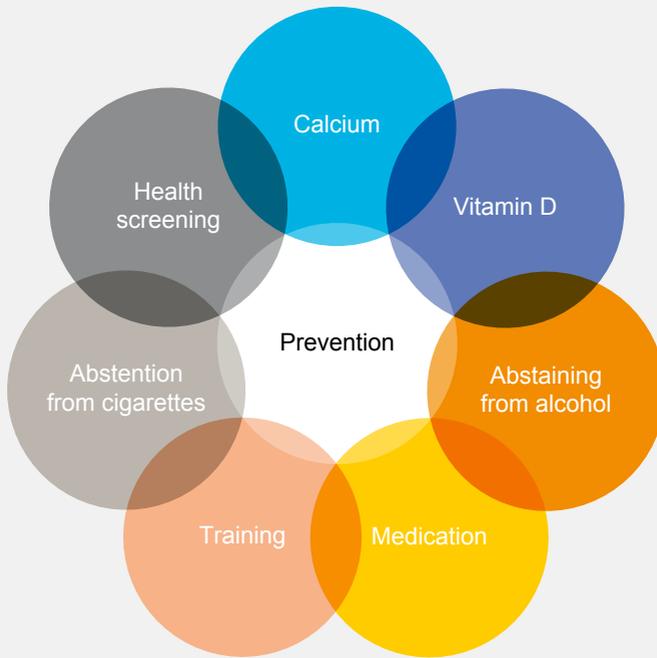
Calcium is one of the most important mineral components of bone. If the body does not have sufficient calcium available, it cannot build up bone substance. The German Nutrition Society (DGE) recommends a daily calcium intake of 1,000 milligrams for adults. Good sources of calcium include milk and dairy products, broccoli and other green vegetables, nuts and calcium-rich mineral waters. "Calcium predators", on the other hand, are phosphates contained in many ready-to-eat meals, sausages and cola drinks.

### Vitamin D<sub>3</sub> – the sun vitamin

Vitamin D<sub>3</sub> is the precursor of the hormone calcitriol, which is what the organism needs to absorb calcium from the intestines and incorporate it into the bones. It is also important for muscle function, coordination, and many regulatory processes in the body. A low vitamin D<sub>3</sub> level can not only lead to lower bone density in the long run, but can also increase the tendency to fall and thus also the risk of a bone fracture.

### Vitamin K – wrongly an outsider

Very few people know vitamin K and how important it actually is for their bodies. One of its main tasks is the regulation of blood coagulation. In addition, vitamin K, together with calcium and vitamin D<sub>3</sub>, also ensures healthy bone formation. Fat-soluble vitamin K is found mainly in cabbage and other green vegetables.



### Inulin – a dietary fiber

Inulin is a soluble dietary fiber contained in numerous types of vegetables and fruits (e.g. onions, artichokes, Jerusalem artichokes, black salsify, asparagus, wheat, oats, bananas, chicory) and has therefore always been part of our diet. Inulin is not decomposed by digestive enzymes and reaches the colon intact. Only there is inulin processed by the intestinal bacteria.

### What is osteoporosis?

Throughout life, bone tissue undergoes remodelling processes. The body builds up more bone substance than it breaks down by about the age of 30. With increasing age, the degradation processes then increasingly predominates. A loss of 0.5 to 1 percent per year is considered normal. The doctor does not speak of osteoporosis until the bone density falls significantly below the normal level. The result is an increased tendency to bone fractures. These often occur as a result of everyday stresses and strains, such as lifting a heavy shopping bag, coughing, or supporting yourself with your hand after a stumble. Typical fractures are, for example, vertebral bodies, the hip, the forearm, or the femoral neck. A lack of female sex hormones promotes osteoporosis. This is why women are particularly often affected after menopause. Nicotine, excessive alcohol consumption, lack of exercise, underweight and a diet low in calcium also weaken bones.

## Average nutrient content of CALCIVITASE®

	Average content per tablet	Average content per daily dose (3 tablets)
Calcium	250 mg (31%)*	750 mg (94%)*
Vitamin D <sub>3</sub>	80 I.E. / 2 µg (40%)*	240 I.E. / 6 µg (120%)*
Vitamin K	20 µg (27%)*	60 µg (80%)*
Inulin	100 mg	300 mg

\*Reference quantities for the daily intake of vitamins and minerals (nutrient reference values – NRV)

### Ingredients

Calcium carbonate; inulin; rapeseed oil, hardened; maize starch; filler: cross-linked carboxy methyl cellulose; coating: hydroxypropyl methylcellulose; vitamin D<sub>3</sub> (colecalciferol); vitamin K (phylloquinone).

### Storage

Store out of the reach of small children.

### Packages

Pack of 100 tablets

### Please note

Food supplements should not be used as a substitute for a balanced and varied diet.

A varied and balanced diet as well as a healthy lifestyle are of great importance.

### Further information

biosyn offers you a range of high-quality food supplements – including our selenium product selenase®.

Please consult: [www.biosyn.de/produkte/nahrungsergaenzungsmittel](http://www.biosyn.de/produkte/nahrungsergaenzungsmittel)

We would be pleased to send you our CALCIVITASE® folder free of charge – please send us an e-mail: [information@biosyn.de](mailto:information@biosyn.de) (keyword: CI CALCIVITASE®),

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