

Calcium Carbonate, Citrate, and Other Forms

Calcium Carbonate Plus Vitamin D Increases Kidney Stones:

<http://www.nejm.org/doi/pdf/10.1056/NEJMoa055218>

Citracal Increases Risk Of Heart Attack:

<http://www.bmj.com/content/336/7638/262.full>

2010 Meta Analysis Calcium Supplements Increase Heart Attack Risk by 30%:

<http://www.bmj.com/content/341/bmj.c3691.abstract>

Calcium Citramate

Protects Against Kidney Stone-Forming Potential:

<http://www.ncbi.nlm.nih.gov/pubmed/18291308>

Is 30% More Absorbable Than Calcium Citrate:

<http://www.lef.org/magazine/mag99/mar99-cover1.htm>

Is More Effective Than Carbonate At Reducing Bone Loss

<http://www.nejm.org/doi/full/10.1056/NEJM199009273231305>

Vitamin D

Major Functions In the Body:

<http://ods.od.nih.gov/factsheets/vitamind.asp>

Essential For Calcium Absorption In The Intestines:

<http://jn.nutrition.org/cgi/content/full/134/11/3137>

Reduces Hip and Other Nonvertebral Fractures:

<http://www.nejm.org/doi/full/10.1056/NEJM199212033272305>

Lack Increases Risk Of Osteoporosis:

<http://www.health.harvard.edu/newsweek/time-for-more-vitamin-d.htm>

Magnesium

Major Functions in the Body:

<http://ods.od.nih.gov/factsheets/magnesium.asp>

Prevents Fractures and Significantly Increases Bone Density:

<http://www.ncbi.nlm.nih.gov/pubmed/7770187>

Increased Bone Density:

<http://www.ncbi.nlm.nih.gov/pubmed/16274367>

Evidence Can Prevent Atherosclerosis:

<http://heartdisease.about.com/lw/Health-Medicine/Conditions-and-diseases/Magnesium-and-Atherosclerosis-Can-Magnesium-Prevent-Atherosclerosis.htm>

Vitamin C

Increases Calcium Absorption In Intestines:

<http://www.springerlink.com/content/ht6362w175253272>

Reduced Bone Loss In Older Men:

<http://jn.nutrition.org/cgi/content/abstract/138/10/1931>

Protects, Maintains Healthy Bone Mass:

<http://www.bcm.edu/news/item.cfm?newsID=2218>

Deficiency Stimulates Bone Loss:

<http://www.ncbi.nlm.nih.gov/pubmed/20444587>

Lysine

Increased Calcium Absorption/ Decreased Excretion in Urine

<http://www.ncbi.nlm.nih.gov/pubmed/1486246>

May Increase The Speed at Which Calcium is Absorbed:

<http://www.ncbi.nlm.nih.gov/pubmed/3108978>

Lysine (Con't)

Stimulates The Cells Responsible For Bone Formation

http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6VKN-46SW5WV5&_user=10&_coverDate=12%2F31%2F2002&_rdoc=1&_fmt=high&_orig=search&_origin=search&_sort=d&_docanchor=&_view=c&_searchStrId=1470241804&_rerunOrigin=google&_acct=C000050221&_version=1&_urlVersion=0&_userid=10&md5=4c02faceb786f14e32945874abe0440a&searchtype=a

Vitamin K

February, 2000 *Life Extension* Article (Gets Calcium Out of Bones, Into Arteries)

<http://www.lef.org/magazine/mag2000/feb00-report.html>

January, 2009 *Life Extension* Article (Exploring Further Benefits)

http://www.lef.org/magazine/mag2009/jan2009_Vitamin-K-Protection-Against-Arterial-Calcification-Bone-Loss-Cancer-Aging_01.htm

Decreased Existing Calcium Buildup In Arteries By 37%

<http://archive.newsmax.com/archives/articles/2007/6/6/141459.shtml>

Prevents Bone Loss & Reduces Fracture Risk:

<http://www.ncbi.nlm.nih.gov/pubmed/11706280>

Increases Calcium Absorption, Increases Bone Gain and Decreases Bone Loss:

<http://www.ncbi.nlm.nih.gov/pubmed/14555259>

Prevents Fractures and Sustains Lumbar Bone Mineral Density:

<http://onlinelibrary.wiley.com/doi/10.1359/jbmr.2000.15.3.515/abstract>

Lack of Associated With Lower Bone Mineral Density:

http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6T7M-3RHNGNC-5&_user=10&_coverDate=01%2F31%2F1997&_rdoc=1&_fmt=high&_orig=search&_origin=search&_sort=d&_docanchor=&_view=c&_searchStrId=1470251620&_rerunOrigin=google&_acct=C000050221&_version=1&_urlVersion=0&_userid=10&md5=cbf0c51a0a605490d53ca6d9d258dd79&searchtype=a