Calcium Carbonate, Citrate, and Other Forms

Calcium Carbonate Plus Vitamin D Increases Kidney Stones:

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:

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

Vitamin D

Major Functions In The Body:

Essential For Calcium Absorption In The Intestines:
http://jn.nutrition.org/cgi/content/full/134/11/3137

Reduces Hip and Other Nonvertebral Fractures:

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:

Increased Bone Density:

Evidence Can Prevent Atherosclerosis:

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:

Lysine

Increased Calcium Absorption/ Decreased Excretion in Urine

May Increase The Speed at Which Calcium is Absorbed:
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)

Decreased Existing Calcium Buildup In Arteries By 37%

Prevents Bone Loss & Reduces Fracture Risk:

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

Prevents Fractures and Sustains Lumbar Bone Mineral Density:

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