Herbal CA

Stock #823-5 (100 capsules)

Herbal CA provides a blend of herbs that are rich in calcium and other minerals known to enhance calcium absorption and utilization and promote bone health, including manganese, silicon and zinc. Manganese and zinc are essential cofactors for enzymes utilized in bone synthesis, while silicon promotes collagen formation and works with calcium to strengthen bones and increase bone mineral density. In addition to bone health, calcium is also essential for nervous system support—calcium deficiency has been associated with anxiety, irritability, mania, and PMS symptoms such as depression and fatigue. Calcium deficiency has also been linked to hypertension (high blood pressure) and neurodegenerative diseases.[1-6]

Herbal CA contains:

Alfalfa (*Medicago sativa*) is a rich source of protein, vitamins (A, B_1, B_6, B_{12}, C, E and K) and minerals, including calcium, iron, magnesium, manganese, phosphorous, potassium, silicon and zinc, as well as plant enzymes that enhance the digestion and absorption of nutrients. Alfalfa also contains high amounts of phytoestrogens and saponins that may be beneficial for preventing cardiovascular disorders. Individuals with a history of systemic lupus erythematosus (SLE) should avoid using alfalfa, as it contains the amino acid L-canavanine, which may aggravate symptoms. Excessive doses of alfalfa may also interfere with anticoagulant medications and hormonal therapy, including birth control and hormone replacement therapy, due to the herb's oestrogenic activity.[7-12]

Horsetail (*Equisetum arvense*) contains more silicon than any other herb, in a form that is highly absorbable. Horsetail's rich silicon content explains the herb's use for strengthening the skeletal system, healing broken bones, and speeding the healing of damaged connective tissue. Such actions contribute to horsetail's use for relieving arthritic conditions and reducing menopausal bone loss, which can lead to osteoporosis. Horsetail is also a rich source of calcium and other minerals, including iron, magnesium, manganese, phosphorous, potassium and zinc.[7,13-17]

Oatstraw (*Avena sativa*) contains calcium, magnesium and high levels of silicon. Oatstraw is also a rich source of iron, manganese, phosphorous, potassium and zinc. In addition, oatstraw contains the amino acid tryptophan, which is a metabolic precursor to serotonin—a neurotransmitter that plays an important role in mood, behavior and sleep. The presence of these nutrients may help explain oatstraw's common use as a tonic and nervous system restorative for anxiety, depression, insomnia, nervous exhaustion, and an over-stimulated nervous system.[8,13,16,18-21]

Plantain (*Plantago major*) provides significant amounts of silicic acid, a water-soluble form of silicon. Plantain also contains calcium, magnesium, manganese, and substantial amounts of potassium and zinc. Plantain has been used for centuries in nearly all parts of the world as a wound healing remedy and for bruises and broken bones. Plantain is also noted for its anti-inflammatory, antioxidant, diuretic and immuno-modulating actions. The German Commission E has also confirmed plantain's astringent and antibacterial activity. Excessive doses of plantain may exert laxative and hypotensive (blood pressure-lowering) effects; thus, excessive use of plantain should be avoided during pregnancy. Plantain is not recommended for individuals with a history of intestinal obstruction.[11,14,16,22-26]

Marshmallow (*Althaea officinalis*) contains minerals necessary for calcium absorption and utilization, including magnesium and phosphorous. Magnesium transports calcium into the cells and is necessary for calcium to function properly, while phosphorous works with calcium to build and maintain healthy bones and has been shown to speed the healing process in bone fractures. Marshmallow also contains calcium, iron, manganese, potassium, silicon and zinc. Marshmallow is well-known for its ability to soothe inflammation and pain and aid in the healing of minor wounds, bruises and abrasions. In addition, marshmallow's anti-inflammatory properties may prove beneficial for arthritis and joint pain.[7,11,14,16,27-30]

Wheat grass (*Triticum aestivum*) is an incredibly rich source of nutrients, including vitamins A, C, E and several B-vitamins; the minerals calcium, copper, iron, magnesium, manganese, phosphorous, potassium and silicon; amino acids; essential fatty acids; chlorophyll; and, enzymes, including the powerful antioxidant enzyme, superoxide dismutase (SOD). Wheat grass has also been shown to enhance the function of glutathione—an important intracellular antioxidant that exerts anti-cancer activity, facilitates immune function, and promotes liver detoxification.[25,31-36]

Hops (*Humulus lupulus*) contain numerous minerals such as calcium, magnesium, manganese, phosphorous, potassium, silicon and zinc. Hops also contain vitamin A, several B-vitamins, vitamin D_2 (ergocalciferol), provitamin D (ergosterol, a biological precursor to vitamin D_2), amino acids and flavonoids. Research has shown that the principal flavonoid in hops, known as xanthohumol, effectively inhibits bone resorption and has been patented as a drug for the treatment of osteoporosis. Humulone, another constituent of hops, has also been shown to inhibit bone resorption. Furthermore, phytoestrogen compounds in hops have been shown to exert estrogen-like effects on bone metabolism. These findings suggest that hops may be beneficial for osteoporosis. Due to potential estrogenic activity, hops is contraindicated during pregnancy and for those with estrogen-dependent tumors. In addition, hops is not recommended for use with prescription sleep-aids, central nervous system (CNS) depressants or antipsychotic drugs, as the sedating activity of hops may cause additive effects.[14,16,25,37-43]

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