



Nature's Sea Calcium

Stock #1577-5 (60 capsules)

Stock #1576-9 (2.6oz./75g)

The relevance of calcium to the prevention and treatment of osteoporosis is well established. However, in recent years, data has emerged indicating important associations between increased calcium intake and the reduced risk of colorectal cancer, metabolic syndrome, overweight and obesity, and gestational hypertension (pregnancy-induced high blood pressure). In addition, calcium supplementation becomes more important with age as research shows that, throughout adulthood, the efficiency of calcium absorption from the diet gradually declines.¹⁻⁹

Nature's Sea Calcium is a plant-derived calcium supplement obtained from a species of red algae that grows off the coast of Ireland. Nature's Sea Calcium provides a bioavailable source of calcium, coupled with the added health benefits of numerous minerals and trace elements that occur naturally in the algae. Nature's Sea Calcium also contains a proprietary blend of short-chain fructooligosaccharides to promote maximum calcium absorption.

Nature's Sea Calcium is available in capsules, as well as in powdered form, the latter of which is suitable for vegetarians. Nature's Sea Calcium contains:

Lithothamnion belongs to a group of red algae known as coralline algae that grows in pollution-free, north-eastern Atlantic waters, off the southwest coast of Ireland. This important species of algae is made up of successive layers of calcium and magnesium carbonates, giving it the texture and appearance of coral. Lithothamnion is regarded as a high-quality seaweed and an excellent plant-based source of calcium and magnesium carbonate. However, Lithothamnion also contains relatively large amounts of naturally-occurring trace elements, including boron, copper, iron and zinc. The porous texture of Lithothamnion is believed to contribute to the bioavailability of its rich mineral content. Results of a 3-week randomized, double-blind, placebo-controlled crossover trial of 12 pre-menopausal women (ages 20 to 40), showed that Lithothamnion provided a greater bioavailable source of calcium than standard calcium carbonate when compared to placebo. In addition, Lithothamnion also provided a more prolonged decrease in blood levels of PTH (parathyroid hormone), which is indicative of increased calcium absorption.¹⁰⁻¹⁸

Short-chain Fructooligosaccharides (scFOS) are naturally-occurring simple carbohydrates that are neither digested nor absorbed by humans. Instead, scFOS encourage the growth of bifidobacteria—one of several beneficial strains of colonic bacteria—while suppressing the growth of potentially harmful pathogens (disease-causing organisms) in the colon. ScFOS also help promote intestinal immunomodulation and may help reduce the risk of colon cancer. Furthermore, scFOS have been shown to enhance calcium and magnesium absorption in the colon.¹⁹⁻²⁸

Each capsule of Nature's Sea Calcium provides 100mg of calcium and 50mg of magnesium. Each serving of Nature's Sea Calcium powder (2 level scoops) provides 325mg of calcium and 163mg of magnesium.

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