



Calcium (MCHA)

What Is It?

Calcium microcrystalline hydroxyapatite (MCHA) is a calcium compound, containing minerals in their natural ratios, as well as residues of matrix, proteins, and glycosaminoglycans.*

Uses For Calcium (MCHA)

Supports Bone Health: Calcium (MCHA) supports bone mineral composition and reduces the risk of osteoporosis.†

†Risk factors for osteoporosis include sex, race, age and inadequate calcium intake. Populations at highest risk for osteoporosis include Caucasian, Asian, and post-menopausal women, and elderly women and men. Adequate calcium intake throughout life is linked to a reduced risk of osteoporosis, as calcium helps to optimize peak bone mass during adolescence and early adulthood in conjunction with exercise and healthy diet. Calcium intake greater than 2,000 mg per day has no further known benefit to bone health.*

What Is The Source?

Pure Encapsulations calcium microcrystalline hydroxyapatite is obtained from pasture-fed, pesticide-free bovine from New Zealand or Australia. Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation and palm oil.

Recommendations

Pure Encapsulations recommends:

- Calcium (MCHA) = 2-6 capsules per day, in divided doses, with meals.
- Calcium (MCHA) 300 mg = 2-4 capsules per day, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, or have a history of kidney stones, consult your physician before taking this product.

Are There Any Potential Drug Interactions?

Calcium should be taken separately from certain antibiotics. Consult your physician for more information.

Calcium (MCHA) 300 mg.

each vegetable capsule contains



calcium (microcrystalline hydroxyapatite) (bovine)..... 300 mg.
2-4 capsules per day, in divided doses, with or between meals.

Calcium (MCHA) 150 mg.

each vegetable capsule contains



calcium (microcrystalline hydroxyapatite) (bovine) 150 mg.
2-6 capsules per day, in divided doses, with or between meals.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.