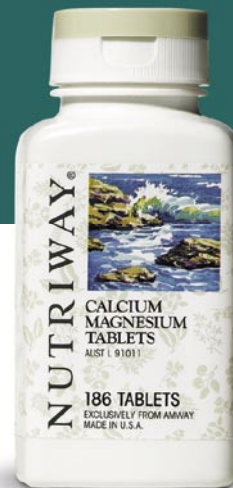


Prevention and treatment of osteoporosis

Calcium requirements vary according to age and sex. During pregnancy, breastfeeding and menopause, women require increased levels of calcium intake to maintain bone density and strength. Avoiding fats, cholesterol, lactose and even often due to dieting, 70% of women over the age of 25 years do not get their daily recommended dietary intake. Women's calcium requirements also radically increase after menopause, when they need it more than ever to prevent osteoporosis.



Why supplement with Calcium and Magnesium?

Calcium and Magnesium are both integral minerals for bone health. Calcium is the most abundant mineral in the body. 98% of the body's calcium is concentrated in the bones. It is essential for maintaining structural formation of strong healthy bones and teeth. Calcium is also needed for a number of other functions, including cell division, important biochemical activities and plays a regulatory role in blood coagulation (ie. clotting), muscle contraction and nerve function. Calcium also activates certain enzymes and assists in transporting nutrients through cell membranes.

64% of the body's Magnesium is also concentrated in the bones and is an essential part of many enzyme systems. Both minerals are required for normal muscle and nerve activity. If the body doesn't get enough Calcium and/or Magnesium, from the diet, it takes it from bones and muscles to perform these functions. Calcium taken from bones, leads to weak, brittle bones, loss of bone integrity and poor posture, which can lead to osteoporosis.

Research indicates that supplementing with Calcium alone can hinder the actions of Magnesium and vice versa. A combination of Calcium and Magnesium supplies the two minerals together for a balanced approach to supplementation.

The NUTRIWAY Advantage

Nutrilite, the manufacturer of NUTRIWAY supplements, is the leading global brand of vitamins, minerals and dietary supplements¹, producing high-quality products using plant concentrates for the past 70 years. We are the only global vitamin and mineral brand to grow, harvest and process plants on our own certified organic farms. We control the entire process from seed to supplement, to bring you the best of nature, and the best of science.



1. Based on sales in 2004. In tablet and capsule form. Euromonitor International.

Who can benefit from a Calcium and Magnesium supplement?

Anyone who:

- Eats very few foods that contain calcium, such as milk and milk products, soft bones of small fish, dark green leafy vegetables and almonds
- Has a milk, dairy and lactose intolerance
- Avoids fats, cholesterol, lactose and diets often
- Needs extra calcium, including adolescents, elderly and pregnant or nursing women because Calcium needs vary throughout life:
- **Young children** - skeletal tissue is constantly growing, so young children have high calcium needs. Babies need 300 mg per day if breast-fed and 500 mg per day if bottle-fed, while children (up to the age of 11 years) need around 700-900 mg per day.
- **Pre-teens and teenagers** - puberty prompts a growth spurt. This group needs between 1,000 and 1,200 mg per day.
- **Puberty to around the mid-20s** - Peak bone mass years - the skeleton increases its bone mass and if the skeleton is fortified with enough calcium during these years, diseases like osteoporosis in the later years are less likely. During mid-life women and men need around 800 mg per day.
- **Pregnant women** - a developing baby needs lot of calcium, which is taken from the mother's bones. The mother should make sure she has enough calcium in her diet during pregnancy, to protect her bone mass and the needs of the foetus. Pregnant women need around 1,200 mg per day.
- **Breastfeeding women** - a breastfeeding mother needs enough calcium for her needs and her baby's need, which is around 1,200 mg per day.
- **Elderly people** - Women lose the most calcium from their bones in the five years around the age of menopause. However, both men and women lose bone mass as they grow older and should increase the amount of calcium in their diet to 1,000 mg per day.
- **Post menopausal women** - need around 1200-1500 mg per day.

NUTRIWAY® CALCIUM MAGNESIUM



NUTRIWAY®
BEST OF NATURE. BEST OF SCIENCE.

PRODUCT INFORMATION



Why NUTRIWAY Calcium Magnesium?

NUTRIWAY Calcium Magnesium is a mineral supplement that supplies the two minerals together for a balanced approach to supplementation to provide additional Calcium and Magnesium that may be lacking in the diet to help in the prevention and treatment of osteoporosis.

Each tablet combines the pure mineral sources of calcium carbonate and magnesium oxide in a base also containing the Nutrilite Alfalfa Concentrate as the PHYTOFACTORS® Plant Compounds to provide antioxidants and phytonutrients.

- Contains pure sources of both minerals well-tolerated by the body and four tablets provides 800 mg of Calcium and 540 mg of Magnesium, to meet the recommended daily requirement
- Contains 60 mg of the Nutrilite Alfalfa Concentrate as the PHYTOFACTORS® Plant Compounds to provide antioxidants and phytonutrients, which are naturally present in plants and fruits to help you to achieve dietary balance and optimal nutrition
- The unique NUTRILOCK® coating makes the tablets easier to swallow
- NO artificial colour, flavour or preservatives added
Especially suitable for those who want to avoid artificial additives
- NO added dairy, sugars, yeast and lactose

Dosage: Adult – Take one to four tablets daily, preferably with meals.

- 60 tablets per bottle
- 186 tablets per bottle

Advisory: Okay during pregnancy and lactation. Keep bottle tightly closed. Store in a cool, dry place below 25 °C.

Important: Exercise improves the body's absorption of Calcium and exercise increases the incorporation of Calcium into the Bones.

Active Ingredients

Nutritional Information	Per Tablet	Per 4 Tablets	RDI†
Calcium as Calcium Carbonate	200 mg	800 mg	800 mg
Magnesium as Magnesium Oxide	135 mg	540 mg	320 mg
Medicago Sativa (Alfalfa) Powder	40 mg	180 mg	††

† For Adult Male 19-64 years

†† Recommended Dietary Intake (RDI) not established

Complementary supplements: NUTRIWAY Double X – Contains high potency vitamins and minerals, with exceptional Nutrilite Concentrates, the PHYTOFACTORS® Plant Compounds which provide bioflavonoids, antioxidants and other phytonutrients, with vitamin B6 and vitamin D to enhance the functions of Calcium.

NUTRIWAY Glucosamine HCl with Boswellia – Can help to reduce joint inflammation and swelling, increase joint mobility and provide temporary relief from the pain of osteoarthritis. In addition, it may also reduce symptoms of sports injury by repairing damaged cartilage and therefore promoting improved joint function.

Always read the label. Use only as directed. If symptoms persist see your healthcare professional.

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Why are phytonutrients important?

Nature created plants, fruits and vegetables to be full of other nutrients beyond vitamins and minerals, called phytonutrients. Research has shown that a diet high in phytonutrients can help decrease degenerative disease.

That's why our supplements are a combination of essential vitamins and minerals and the exclusive Nutrilite PHYTOFACTORS® Plant Compounds, for additional bioflavonoids, antioxidants and other phytonutrients, because of their valuable role in protecting your health.

Frequently Asked Questions

Q. What is osteoporosis?

A. It's a condition of weak, brittle, porous bones. Osteoporosis typically afflicts older people, women somewhat more than men. According to Osteoporosis Australia:

- 25% of Australian women and 17% of men will develop osteoporotic fractures
- 1 in 2 women and 1 in 3 men, over 60 will sustain an osteoporotic fracture
- Of all diagnosed fractures; 46% are vertebral, 16% hip and 16% wrist

Q. Why is Magnesium important?

A. 64% of the body's Magnesium is concentrated in the bones, which makes Magnesium an integral mineral in bone health. Magnesium deficiency results in increased osteoclast activity, which speeds up the breaking down of bones – this compromises bone integrity.

Magnesium is also an essential part of many enzyme systems, being involved in more than 300 essential metabolic reactions. Magnesium is involved in energy production, DNA synthesis and plays a structural role in bone, cell and chromosomes. Magnesium is required for normal muscle and nerve activity.

90 Day Satisfaction Guarantee

Visit our website www.nutriway.com.au or www.nutriway.co.nz

PRODUCT 60 TABLETS VS 100336/Q0 100336, 186 TABLETS VS 121/Q0 470

