

LIFEFORCE

TRICALCIUM PHOSPHATE

Available in 100 & 500 Tablets
Nappi Coded products

Lifeforce Tricalcium Phosphate is trusted by Specialists, Doctors, Homeopaths, Dieticians and other Health Professionals, for its therapeutic properties. Tricalcium Phosphate is provided in a fully absorbable, balanced ratio of Calcium and Phosphorus. This formulation is backed up with a bio-available buffered form of Vitamin C combining the action of Bioflavonoids and Rutin.

IMPORTANT FACTS ABOUT CALCIUM

Calcium is the most abundant mineral found in the body and therefore our daily requirement for this mineral is the greatest.

About 99% of the Calcium found in the body is in the bones and teeth. The remaining 1% is of great importance to the body chemistry, since it:

- ✓ Normalises nerve and muscle function
- ✓ Regulates heartbeat
- ✓ Is essential to blood clotting
- ✓ Maintains a proper acid-base equilibrium
- ✓ Induces sleep
- ✓ Maintains skin health.

Approximately 20% of an adult's bone Calcium is reabsorbed and replaced every year.

CALCIUM ASSISTS IN:

- Reducing the risk of Osteoporosis
- Helping to metabolise your body's iron
- Maintaining a healthy complexion
- Soothing menopausal emotional crises
- Promoting the clotting of blood
- Alleviating Insomnia (if taken at bedtime)
- Calming nervousness
- Facilitating nerve impulse transmission
- Effective nerve and muscle functioning
- Converting blood sugar into energy
- Reducing the risk of Pre-eclampsia in pregnancy
- Reducing toxic effects of lead and cadmium
- Neutralising some of the harmful effects of radioactive fallouts
- Relieving menstrual cramps
- Reducing the 'growing pains' often experienced by teenagers
- Maintaining the ideal acid-base equilibrium (the ideal alkaline level is 7.5)

For proper absorption and functioning, Calcium needs the stomach acid - Hydrochloric Acid (available in Health Shops as Betaine Hydrochloride). This acid is usually recommended for people with low gastric secretions, or for those over the age of 40 with a reduced ability to absorb Calcium, Vitamin D and Phosphorus. Calcium requires sufficient amounts of Magnesium to keep it soluble, Protein for chelation as well as Vitamins A and C.

THE FACTS:

- The mineral, Calcium, is required to build and maintain strong bones.
- Elderly women are particularly vulnerable to a deficiency since their average Calcium consumption is less than that of men.
- Calcium and Phosphorus work together for healthy bones and teeth.
- Calcium must exist in a two-to-one relationship with Phosphorus to ensure maximum absorption and utilisation.
 - Calcium and Magnesium work together for cardiovascular health.

- In order for Calcium to be absorbed, the body must have sufficient Vitamin D.
- Calcium neutralises excess Lactic Acid in the body.
- Vitamin B12 is better absorbed when Calcium is present.
- Calcium is known as the anti-stress mineral.

RECOMMENDED DAILY DOSAGE:

Adults: 800mg daily

Lactating women: 1,200mg daily

Children: 400mg daily

Upper safe long-term consumption: 1,500mg daily

Most common dosage: 800 mg - 2,000mg per day

REQUIREMENTS ARE RAISED BY:

High fibre intake, consumption of alcohol and smoking.

DEFICIENCY SYMPTOMS:

- Rickets
- Osteomalacia
- Poor muscle tone
- Weakened bones
- Osteoporosis in the elderly
- Dental caries,
- Grinding of the teeth

HELPFUL IN THE TREATMENT OF:

- ✓ Bone disease & Bone pains
- ✓ Backache
- ✓ Brittle teeth
- ✓ Improved absorption of Vitamin B12
- ✓ Relieves fatigue in Athletes
- ✓ Assists those suffering from depression
- ✓ Calming hyperactive children
- ✓ Pre-eclampsia in pregnant woman
- ✓ Tremors in the fingers

IMPORTANT FACTS ABOUT PHOSPHOROUS:

Phosphorous is the second most abundant mineral in the body. It works together with Calcium and functions best when used in a ratio of 1 part Phosphorus to 2½ parts Calcium. A proper Calcium-Phosphorus balance ensures optimum bone mineralisation.

Phosphorus is present in every cell of the body and is involved in most biological reactions.

- It is vital for the release of energy in every muscle cell.
- Phosphorus is required for the synthesis of phospholipids such as lecithin, which transports fats throughout the body.
- Necessary for the transmission of nerve impulses.
- It is needed for the conversion of glucose to glycogen (the form in which glucose is stored in the liver and muscles).
- For maintaining a proper acid-alkaline balance.

Phosphorus is a constituent of the nucleoproteins, which carry our genetic code and also of myelin, the fatty sheath that covers and insulates nerves, without which the nervous system would malfunction. Phosphorus is very efficiently absorbed in the presence of Vitamin D and Calcium. Most of the Phosphorus in our bodies is stored in the bones and teeth.

BENEFICIAL EFFECTS:

- ✓ Helps maintain strong healthy bones and teeth.
- ✓ It promotes growth and body repair.
- ✓ It maintains acid-alkaline balance.
- ✓ Plays a role in energy production by helping to metabolise carbohydrates and fats.
- ✓ Maintains the proper functioning of nerves.

Phosphorus's enemies are antacid preparations containing Calcium Carbonate and sugar, which disturbs the Calcium-Phosphorus balance. With age, the kidneys become less efficient at excreting Phosphorus causing it to accumulate. This causes the Calcium level to drop in order to maintain a proper Calcium-Phosphorus balance. The end result is usually

a Calcium deficiency, which explains why some nutritionists recommend decreasing Phosphorus intake after the age of 40.

DEFICIENCY SYMPTOMS:

- ✓ Weak bones and teeth
- ✓ Rickets
- ✓ Bleeding Gums & Infections
- ✓ Arthritis
- ✓ Loss of appetite
- ✓ Muscle weakness

FUNCTIONS OF OTHER COMPONENTS IN LIFEFORCE TRICALCIUM PHOSPHATE:

VITAMIN C:

Vitamin C influences several other nutrients. It improves the body's ability to absorb Calcium and Iron and to excrete poisonous Copper, Lead and Mercury. It lowers cholesterol by converting it into bile acids and is assisted in this function by Zinc. Vitamin C also assists the absorption of certain Amino Acids. It is required in greater amounts by hypoglycaemics and by dieters following high protein diets.

Vitamin C helps to neutralise nitrosamines - carcinogenic substances that are formed when smoked meats (such as ham and bacon) are cured with nitrites to prevent Botulism and preserve an appetising appearance.

Vitamin C plays a leading role in the body's resistance to bacterial infections and reduces the effects of allergens in the body.

Vitamin C possesses unique antioxidant properties, which assist in combating the negative effects of environmental and chemical pollutants.

BENEFITS:

- Vitamin C aids with the absorption of Iron and can assist as a tissue antioxidant to keep cells healthy.

- Promotes healthy gums, skin and connective tissue.
- Vitamin C is the backbone of any immune boosting programme.
- It is strongly anti-viral and anti-bacterial
- Vitamin C acts as a powerful anti-oxidant
- Research has consistently found that those who supplement with Vitamin C experience shorter colds with fewer symptoms.

RUTIN:

The primary function of Rutin is to increase capillary strength and regulate absorption and effectiveness of Vitamin C. Rutin prevents Vitamin C from being destroyed by oxidation. It helps to build resistance to infection. Rutin strengthens capillary walls, thereby preventing bruising. Aids in the healing and prevention of bleeding gums. Helps to treat Oedema and dizziness due to a disease of the inner ear.

PLEASE NOTE:

An excessive daily intake of over 2,000mg of Calcium may lead to Hypercalcemia causing symptoms of confusion, anorexia, abdominal pains, muscle pain and weakness which can result in shock, kidney failure or death.

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