

## ▶ SPOTLIGHT ON HEALTH

### Pure Milk Calcium (known in Canada as Naturally Sourced Calcium) – A complete milk mineral complex for optimal bone health (and more!)

Calcium is typically associated with healthy bones and teeth. But did you know that Calcium is also an essential nutrient that plays an important role in other functions? These include:

- Blood pressure control
- Proper blood clotting
- Enzyme activation
- Nerve transmission
- Cholesterol regulation
- Hormone function

In fact, while calcium is indispensable for maintaining a strong structural foundation of the human body, it also significantly contributes to the support of optimally functioning immune defenses.

No wonder doctors most commonly recommend calcium over any other supplement – even multivitamins and Vitamin C!

#### CHOOSING THE RIGHT CALCIUM SUPPLEMENT

With all the choices on the market today, it's important to know that not all supplements are created equal. While many calcium supplements contain calcium from carbonate or even from crushed up horse bones or oyster shells, Immunotec's Pure Milk Calcium is made from nature's most basic food: MILK.

With milk being our first and most natural source of calcium, it is the way that nature intended our bodies to absorb this highly essential nutrient.

#### MORE THAN JUST A CALCIUM SUPPLEMENT

Pure Milk Calcium is a comprehensive Mineral Complex that also includes Vitamin D for optimal calcium absorption as well as other critical vitamins and minerals essential for bone health (for complete list see Table 1).

#### NOT JUST FOR WOMEN!

Pure Milk Calcium plays a role both in maintaining healthy bone density, and in fighting against the potential development of bone deterioration. Recent research has shown that osteoporosis is just as common in retired men, and most teenagers are not getting enough calcium! A complete milk mineral complex is a solution for everyone.

Immunotec's Pure Milk Calcium. When a supplement by any other name just won't do. ☑



**TABLE 1:  
IMMUNOTEC'S PURE MILK CALCIUM CONTAINS:**

#### MAGNESIUM – Helps to:

- Maintain normal muscle and nerve function
- Prevent heart disease
- Keep bones strong
- Regulate blood sugar levels
- Promote normal blood pressure
- Support healthy immune defenses

#### VITAMIN D – Crucial for:

- Absorption and metabolism of calcium and magnesium
- Regulating the immune system

#### PHOSPHORUS – Essential for:

- Helping to build strong bones and teeth
- Filtering out waste in the kidneys
- Its essential role in how the body stores and uses energy
- The growth, maintenance, and repair of all tissues and cells

#### POTASSIUM – Important for:

- Bone metabolism
- Building muscle and metabolizing protein and carbohydrates
- Protecting against heart disease
- Helping to soothe feelings of anxiety, irritability and stress

#### IRON – Critical for:

- Bone growth
- The transport and storage of oxygen
- Proper central nervous system function
- Supporting strong immune defenses

#### ZINC – Aids in:

- The healing of wounds
- Normal skeletal growth and development
- The improvement of brain function (including memory)

#### COPPER – Helps in:

- Bone structure
- The release of energy
- The production of red blood cells