

Bonemate Plus

Benefits of Calcium

Calcium is essential to your good health. The body relies on calcium not just to keep your bones and teeth strong during your lifetime, but to ensure proper functioning of nerves, heart, and muscles. Clotting of blood also benefits from calcium uptake.

Impacts of Low Calcium

Over 75% of Americans are deficient in calcium. Lack of calcium in your diet results in your body drawing it from your bones. Though we may think of bone as a hard and lifeless structure – in point of fact it is a complex, living tissue that completely regenerates about every eight years. Certain cells build bone and draw calcium from the blood for deposit into bone tissue, while other cells deconstruct old bone tissue. Because bones are constantly changing, they can heal and are subject to the impacts of diet and exercise. Taking calcium regularly, every day combined with healthy diet and exercise, promotes the avoidance of calcium deficiency and reduces the risk of osteoporosis, especially when taken by teens, young adults, and post-menopausal women.* Unicity is pleased to provide this new advanced nutritional supplement that supports optimal bone health and nutritional support.

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