

Calci-cal®

Calcium-Vit B12-Vit D3

Great tasting fruit flavour dietary supplement containing a combination of calcium, vitamin B12 and vitamin D3 to help promote healthy bone, teeth and muscles. Essential for children, pregnant & lactating women and elderly people.

Composition:

Each 5 ml syrup contains:

Calcium laevulinate	50 mg
Vitamin D3	1000 IU
Vitamin B12	10 mcg

Vitamin D What it does in the body

- **Bones and teeth** The most important role of vitamin D is to maintain blood calcium levels within the normal range. It stimulates intestinal calcium absorption and re-absorption in the kidneys, and regulates the metabolism of calcium and phosphorus, which are vital for many body functions including the normal growth and development of bones and teeth. It enables bones and teeth to harden by increasing the deposition of calcium into these structures and may also assist in the movement of calcium across body cell membranes.
- **Cell growth** Vitamin D stimulates normal cell growth and its maturity.
- **Immune system** Vitamin D is involved in the regulation of the immune system. It has several functions including its effects on white blood cells (monocytes and lymphocytes).
- **Hormones** Vitamin D plays a role in the secretion of insulin by the pancreas, thus aiding in the regulation of blood sugar.
- **Nervous system** Careful regulation of calcium levels is vital for normal nerve impulse transmission and muscle contraction. Vitamin D plays a role in the function of healthy nerves and muscles by regulating the level of calcium in the blood.

Vitamin B12 What it does in the body

Metabolism Vitamin B12 is essential for metabolism of fats and carbohydrates and the synthesis of proteins. Vitamin B12 is also essential for the transport and storage of folate in cells and for conversion to its active form. Rapidly dividing cells, such as those in the epithelium and bone marrow, have the greatest need for vitamin B12.

Brain and nervous system Vitamin B12 is involved in the synthesis of the myelin sheath, a fatty layer which insulates nerves. It is also essential in the formation of neurotransmitters.

Blood cells The manufacture and normal functioning of blood cells requires vitamin B12.

Calcium What it does in the body

Calcium is the most abundant mineral in the body. An average man contains about one and a half kilograms of calcium and an average woman about one kilogram. Over 99 per cent of the calcium in your body is in Bones and teeth. The remaining one per cent is found in the blood, lymph and other body fluids, cell membranes and structures inside cells.

Bones and teeth The main function of calcium is in the structural development and maintenance of healthy bones and teeth. Bone is made up of both mineral (mostly hydroxyapatite-like crystals) and nonmineral (mostly protein) components. Calcium in the bone is in two forms, one bound tightly and the other more easily removed. Calcium is removed from the tightly bound part of the bone to maintain blood levels only when dietary intake is inadequate and the more mobile stores are exhausted. Bone undergoes a constant remodeling process with 20 per cent of an adult's bone calcium re-absorbed and replaced every year.

Muscle contraction Calcium plays a vital role in muscle contraction. It is also necessary for heartbeat regulation through its effects on heart muscle.

Nervous system Calcium is essential for nerve impulse conduction. It plays a role in the release of neurotransmitters and activates some enzymes which generate neurotransmitters.

Cardiovascular system and blood Calcium interacts with sodium, potassium and magnesium to regulate blood pressure and water balance. A major class of drugs used to lower high blood pressure blocks the channels which transport calcium across muscle cell membranes. Calcium also plays a role in the activation of prothrombin (which is formed from vitamin K in the liver) which is essential to the blood clotting process.

Other functions Calcium is essential for cell division, healthy immune function, for enzyme activity and for the production and activity of hormones involved in digestion, energy and fat metabolism, and the production of saliva. It is also involved in the transport of nutrients and other substances across cell membranes.

Dosage:

Infants : 1/4 - 1/2 teaspoonful. **Children** : 1/2 - 1 teaspoonful.
Adults : One teaspoonful. These doses should be taken once a day.
Calci-Cal syrup can be taken with milk or water or directly from the spoon

Package:

Bottle of 120 gm syrup inside a carton box & an insert.

Storage:

Keep in the room temperature (25°) or below.
Keep out of reach of children.

Product of ALKAN PHARMA S.A.E, 6 October City - Egypt.