



— Your Trusted Source —

## +CAL+<sup>®</sup> with Ipriflavone

Introduced 1996



### What Is It?

+CAL+<sup>®</sup> with Ipriflavone is a comprehensive osteoporosis support formula designed to strengthen the skeletal system and resist the onset of osteoporosis.\*

### Uses For +CAL+<sup>®</sup> with Ipriflavone

**Osteoporosis Support:** This broad spectrum combination of minerals, vitamins, and herbs is formulated to aid in the formation and strengthening of the skeletal system. It provides highly bioavailable forms of calcium, a mineral essential not only for the maintenance of the functional integrity of the nervous, muscular, and skeletal systems, but also cell membrane and capillary impermeability. This formula also provides substances which nutritionally support and enhance the absorption of calcium and the incorporation of calcium into bone. In addition, it provides nutrients essential to healthy bone structure and formation, the synthesis and strengthening of connective tissue in cartilage and bone, and the formation of elastin. Ipriflavone, an advanced addition to this formula, is a synthetic derivative of naturally occurring isoflavones. It supports healthy bone maintenance by promoting secretion of the hormone calcitonin, and maintaining healthy osteoclast activity. Ipriflavone also supports type I collagen and the formation of mineralized bone matrix. Vitamin K enhances bone formation by carboxylating osteocalcin. This enables osteocalcin to bind to calcium and promote healthy bone mineralization. Furthermore, +CAL+<sup>®</sup> is enhanced with 1,000 i.u. of vitamin D<sub>3</sub> for optimal bone health.\*

### What Is The Source?

Calcium, magnesium, manganese, zinc, copper and boron are derived from earthen ore. Citrate/malate, glycinate and aspartate are synthetic. Horsetail extract (5:1) is derived from *Equisetum arvense*. Vitamin D<sub>3</sub> is derived from lanolin. Ipriflavone and vitamin K<sub>1</sub> are synthetically derived. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

### Recommendations

Pure Encapsulations recommends 2–7 capsules per day, in divided doses, with meals.

### Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. Rarely, ipriflavone has been associated with epigastric pain, diarrhea, dizziness or lymphocytopenia. Individuals with heart or kidney problems or who experience water retention or swelling should avoid products containing horsetail extract. Consult your physician for more information.

### Are There Any Potential Drug Interactions?

Theoretically, ipriflavone could affect the way that the liver breaks down medications metabolized by the cytochrome P450 pathway, altering the effects of these medications and possibly the dose needed for treatment. Horsetail extract may be contra-indicated with diuretic medications. Consult your physician for more information.

### +CAL+<sup>®</sup>

seven vegetarian capsules contain  v 00

vitamin D (as cholecalciferol) (D <sub>3</sub> ) .....	1,000 iu
vitamin K (as vitamin K <sub>1</sub> ) .....	500 mcg
calcium (as calcium citrate/malate) .....	900 mg
magnesium (as magnesium aspartate) .....	115 mg
zinc (as zinc picolinate) .....	30 mg
copper (as copper glycinate) .....	2.5 mg
manganese (as manganese aspartate) .....	5 mg
ascorbyl palmitate (fat-soluble vitamin C) .....	102 mg
boron (as boron glycinate) .....	2 mg
ipriflavone .....	500 mg
horsetail ( <i>equisetum arvense</i> ) extract (stem, leaf) .....	300 mg
other ingredients: vegetarian capsule (cellulose, water)	

**2–7 capsules daily, in divided doses, with meals.**

\*Risk factors for osteoporosis include sex, race, age and inadequate calcium intake. Populations at highest risk for osteoporosis include Caucasian, Asian, postmenopausal women, and elderly women and men. Adequate calcium intake throughout life is linked to a reduced risk of osteoporosis, as calcium helps to optimize peak bone mass during adolescence and early adulthood in conjunction with exercise and healthy diet. Calcium intake greater than 2,000 mg per day has no further known benefit to bone health.

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