



## Citracal Bioavailability

Citracal's solubility and absorbability provide superior bioavailability of calcium. Citracal is water-soluble and provides two pathways for enhanced absorption, both as the free calcium cation and as the calcium citrate anionic complex that exists in solution. Clinical results demonstrating a strong bone benefit from taking Citracal are the result of Citracal's consistently high bioavailability.

There is a difference between calcium quantity (elemental) and calcium quality (absorbed and active calcium).

Citracal has an impressive bone benefit and is well tolerated and can be taken with or without meals. Since Citracal can be taken with or without meals, this dosing flexibility makes it convenient for patients and certainly enhances compliance.

Citracal is, therefore, highly bioavailable and should be an essential part of any osteoporosis prevention or treatment plan, either alone or as an adjunct to other prescribed therapy; including Fosamax, Premarin, Miacalcin, Evista. Citracal has been shown to be significantly better absorbed than calcium carbonate preparations. If your body cannot absorb the preparation it cannot help to make your bones stronger and resistant to fractures.

Citracal is easily dissolved despite the amount of acid in the stomach. It is the best preparation if you are taking antacids or are being treated with products such as; Tagamet, Zantac, or Pepcid AC that work to reduce stomach acid.

Lastly, patients with inflammatory conditions like asthma, rheumatoid arthritis or inflammatory bowel disease often take a cortisone preparation. One of the side effects of cortisone preparations is bone loss, which leads to osteoporosis. Those patients need to take a calcium and vitamin D supplement like Citracal +D to protect against drug induced bone breakdown.



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**Please consult Dr. Haverbush or a physician for specific treatment recommendations.**

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