



Health Hint article by David Coory

David Coory is the author of the nutrition book "Stay Healthy by Supplying What's Lacking in Your Diet" and Executive Director of Zealand Publishing House and Health House.

Calcium safe with adequate Vitamin D

We have had a few of our **Coral C** customers express concern about recent news media reports that taking calcium supplements may increase the incidence of heart attack.

I obtained the original British Medical Journal article that the reports were based on. What the news media reports did not mention, was that almost all those who suffered heart attacks, an increase risk of 0.03% per year, were deficient in Vitamin D. (Or as they put it, "*Calcium supplements, without co-administered vitamin D are associated with an increased risk of myocardial infarction.*")

This ties in with the fact that Vitamin D levels are lower than ever nowadays, due to the widespread use of sun block.

In addition, the calcium supplements used in the studies, were the usual cheap, poorly absorbed Dolomite rock calcium tablets (garden lime). Not the natural, better absorbed, former living organic marine calcium, such as the coral calcium in our Coral C.

I believe our **Triple Pack**, with 450 mg of natural Calcium in Coral C and 25 mg of Magnesium, plus the 200 mgs of Magnesium and 1000 iu of Vitamin D in CAA, is ideally balanced and provides the optimum balance of Vitamin D, and two parts Calcium to one part Magnesium, for excellent health.

Taking Coral C without CAA could however possibly lead to a mineral imbalances, and vice-versa. Our customers appear to thrive on our Triple Pack (CAA - Coral C - **CoQ10-Omega3**). I take it myself, and feel confident that we have the balance right.

Some time back, one of our female customers taking Coral C and CAA sent us medical certificates showing a 28% increase in hip bone density over 4 years. Powerful evidence of the effectiveness of these two products.

I cannot emphasise enough that all of us should ensure an adequate Vitamin D intake, preferably from natural sunshine or CAA.

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