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Calci-D-min Helps Alleviate Osteoarthritis Symptoms And Protects Against Osteoporosis

Numerous studies have proven that calcium can help prevent and treat osteoporosis – age-related thinning and weakening of the bones. Calcium also benefits your joints and can alleviate the symptoms of osteoarthritis.

What sets a new product called Calci-D-min apart from other calcium-based supplements, however, is the use of a special plant-derived calcium source, called Aquamin – that also contains 73 naturally-occurring trace minerals, including magnesium, zinc, iron and selenium.

Aquamin is produced from a red seaweed, called *Lithothamnion calcareum*, which is found in just three locations in the world, including the clean, unpolluted waters off Iceland and the south-west coast of Ireland.

During a five-year life span, the seaweed absorbs essential minerals from the sea, which gives Aquamin its unique multi-mineral content. It then breaks down naturally on the seabed to leave a calcified residue that is harvested, washed, dried and milled. Unlike other products on the market, Aquamin provides a range of minerals from a single natural, sustainable source and is highly bioavailable – in other words the body easily absorbs the nutrients. Many of the minerals it contains work in synergy, so that its overall health benefits are enhanced.

To further guarantee that the calcium in Calci-D-min is properly absorbed, a digestive aid called betaine HCl has been added. Calci-D-min also contains vitamins D3, K1 and K2 and other co-factors such as boron to provide your bones and joints with extra nutritional support.

Aquamin is proving superior to standard calcium supplements

Aquamin provides an excellent source of easily-absorbed calcium that appears to be far more effective at lower doses than the standard calcium carbonate (otherwise known as chalk!) found in cheap bone health supplements.¹

With the potential for high dose calcium supplements to increase the risk of adverse cardiovascular events, such as heart attack,² a supplement like Calci-D-min that can safely deliver a readily absorbable form of calcium, well below the daily intake levels indicated as potentially hazardous, is very welcome news indeed.

That's not Calci-D-min's only benefit. It's well-known that single ingredient calcium supplements can actually deplete other nutrients needed for healthy bones such as zinc, magnesium, manganese and phosphorous.³ The fact that Aquamin naturally contains these nutrients in addition to calcium and other trace minerals, further adds to its safety and effectiveness.

Natural minerals from seaweed improve joint mobility and protect against calcium loss from the bones

Aquamin has been the subject of a number of clinical trials, which show it can help to improve bone density as well as relieve pain and improve mobility in osteoarthritic joints.⁴

In one clinical trial, Aquamin was compared with glucosamine sulphate, in patients with knee osteoarthritis. Researchers found that both treatments gave significant reductions in joint pain, but improvement in walking distance with Aquamin was almost double that with glucosamine and only

(Continued overleaf)

1. http://www.aquamin.org/what_is_aquamin/

2. Heart 2012;98:920-925 doi:10.1136/heartjnl-2011-301345

3. N Engl J Med 1990;323:878-883

4. Nutr J. 2009 Feb 2;8:7

Aquamin showed an improvement in joint stiffness.⁵

Adequate levels of calcium and magnesium are essential to prevent osteoporosis, the reduction in bone density that commonly leads to a greater risk of fractures in post-menopausal women and older people of both sexes.

Malabsorption of magnesium is thought to be one of the prime causes of the widespread magnesium deficiency found in post-menopausal women.⁶ In order to optimise absorption, the magnesium in Calci-D-min is delivered in an 80:20 balance, with 80 per cent coming from the citrate form and 20 per cent from the magnesium naturally present in Aquamin.

Normal calcium metabolism in the body involves the constant transfer of this element between the bones and the bloodstream. One of the roles of parathyroid hormone (PTH) is to make calcium available in the body. It does this by taking calcium from the bones, so a reduction in PTH levels following calcium supplementation is likely to protect against calcium loss from bones and consequent risk of osteoporosis.

In a double-blind clinical trial – in which pre-menopausal women were given Aquamin, calcium carbonate or placebo – levels of PTH were measured at 90, 120 and 240 minutes after administration.⁷ This study found that Aquamin reduced PTH levels in the blood for significantly longer periods than either calcium carbonate or placebo. After 120 minutes, serum PTH levels were reduced by around 10 per cent with both calcium carbonate and the placebo, whereas there was a more than 20 per cent reduction in PTH levels with Aquamin.

Vitamins D and K are essential for healthy bones

Vitamin D3 is well-known for its ability to help regulate calcium deposition in the bones, and a deficiency – which is commonplace in the UK – puts you at far greater risk of osteoporosis.^{8,9}

The way our bodies use calcium is a complex subject and involves many other nutrients, including vitamin K2 (also known as menaquinone – the

natural form made in the human body), which helps hold calcium in place.

The bone-building cells called osteoblasts produce a protein called osteocalcin, which forms the structural framework within our bones. Vitamin K2 converts osteocalcin into its active, bone-building form that keeps calcium and other bone minerals such as magnesium where they should be.^{10,11}

When the body's natural control system gets out of balance, calcium can be deposited in soft tissues, including the arteries. This is what causes 'hardening of the arteries', or atherosclerosis. If there is insufficient vitamin K2, bone structure is weakened, leading to osteoporosis, and too much calcium is released into the bloodstream, where it can contribute to the formation of atherosclerotic plaque. So, getting enough vitamin K2 is essential to ensure both healthy bones and healthy arteries.

Because vitamin D3 and vitamin K2 have such essential roles in bone health they have both been included in the Calci-D-min formula, along with vitamin K1. There is plenty of clinical evidence that supplementing with a combination of these two vitamins can help to prevent and reverse osteoporosis.¹²

The addition of folic acid as well as vitamins B6 and B12 to the formula helps lower homocysteine – elevated levels are associated with osteoporosis.¹³ In addition, vitamin B6 has been found to encourage bone growth¹⁴ and vitamin B12 has been proven to help regulate healthy osteoblast activity.¹⁵

What to take for best results

The recommended dosage for Calci-D-min is two capsules taken twice a day with food.

Because of the inclusion of vitamin K, you should not use Calci-D-min if you are currently taking blood-thinning drugs such as warfarin. Pregnant and breastfeeding women should not take this product.

[Urgent information: Prescription drugs have long been seen as the answer to treating chronic illnesses like heart disease, diabetes and dementia. But this recent report shows that modern medicine might not have all the answers after all...](#)

5. Nutr J. 2008 Feb 17;7:9
6. Magnesium 1983;2:139-143
7. Frestedt JL, Kuskowski MA, Zenk JL. Bone Health Research 2003
8. www.healthystart.nhs.uk/for-health-professionals/vitamins
9. Nutr J. 2010 Dec 8;9:65

10. N Engl J Med 1980;302:1460-1466
11. Nurt Rev 1979;37:54-5612. Nurt Rev 1979;37:54-56
12. Clin Calcium. 2002; 12(7):955-965. [Article in Japanese]
13. Calcific Tissue Int 2000;66:190-194
14. N Engl J Med 1988;319:70-75
15. Proc Soc Exp Biol Med 1948;67:259-263