



Calcium Wellness Protocol (Item #7326)

A Healthy and Effective Wellness Management Protocol for Better Calcium Absorption

Products included in this Wellness Protocol are:

- ① Cal/Mag #2006 – This formulas of equal parts Calcium and equal parts Magnesium, each in the complexed form containing the most bio-available form of Calcium and Magnesium known in science.
- ① Omega Minerals #2000 – A complexed form of macro and micro minerals. This insures that there are adequate levels of the other minerals present for maximum calcium absorption.
- ① Kelp and Dulse #4003 - - A natural source of Iodine and other trace minerals
- ① Tracite #2031 – 77 Essential Elemental Fulvic Trace Minerals Repeat for all products in Protocol

Protocol Overview

Vital for bone health, the calcium in the human body is found mainly in teeth and bone. Calcium is also needed for many other bodily functions, such as regulating heartbeats, conducting nerve impulses, making muscles contract, and helping blood clot. Everyone needs at least 1,000 milligrams of calcium a day from food and/or supplements. Women over 50 and men over 65 need at least 1,200 milligrams of calcium a day. High intakes of calcium, especially with vitamin D, will prevent or delay bone loss (osteoporosis) and reduce the risk of fractures in postmenopausal women and older men. Preliminary research has also suggested a reduced risk of colon cancer.

It's best to keep your calcium intake high, via your diet and calcium supplements. Some recent research suggests that 800 milligrams of calcium may actually be enough, at least for people with an adequate intake of vitamin D and a diet rich in vegetables, fruit, and whole grains. Dairy foods provide the most calcium. Fish with bones (like sardines and canned salmon) and dark leafy greens contain respectable amounts; broccoli, almonds, and figs provide calcium, too. And there are many calcium-fortified products, such as some orange juice, soy milk, tofu, and cereals. If you don't eat these foods often, you should consider a calcium supplement. If you are prone to kidney stones, talk to a physician before taking calcium supplements.

This Wellness Protocol brings together the traditional herbs and minerals of our individual formulations to replenish vitality and increase nutritional value at a cellular level through a simplified, consistent and balanced supplementation program.

- *Cal/Mag 1:1*
 1. Calcium –Calcium is a naturally occurring mineral that is needed by the body to build and maintain strong bones and teeth. Because calcium is not made in the body, it must be absorbed from a person's dietary or supplement intake. Calcium is shed from the body in skin, nails, hair, sweat, urine, and feces. When a person does not get enough calcium through their diet or supplementation, the body must break down bone to obtain the mineral. Calcium supplementation appears to have a modest but statistically significant reduction in systolic blood pressure (mean difference of 2.5 mm Hg), however better quality studies are needed.

2. Magnesium - Magnesium is the fourth most abundant mineral in the body and is essential to good health. Approximately 50% of total body magnesium is found in bone. The other half is found predominantly inside cells of body tissues and organs. Only 1% of magnesium is found in blood, but the body works very hard to keep blood levels of magnesium constant. Magnesium is needed for more than 300 biochemical reactions in the body. It helps maintain normal muscle and nerve function, keeps heart rhythm steady, supports a healthy immune system, and keeps bones strong. Magnesium also helps regulate blood sugar levels, promotes normal blood pressure, and is known to be involved in energy metabolism and protein synthesis. There is an increased interest in the role of magnesium in preventing and managing disorders such as hypertension, cardiovascular disease, and diabetes. Dietary magnesium is absorbed in the small intestines. Magnesium is excreted through the kidneys.
3. Vitamin D-3 - Vitamin D is a group of fat-soluble prohormones, the two major forms of which are vitamin D2 (or ergocalciferol) and vitamin D3 (or cholecalciferol). Vitamin D3 is produced in skin exposed to sunlight, specifically ultraviolet B radiation. Vitamin D plays an important role in the maintenance of organ systems. Vitamin D regulates the calcium and phosphorus levels in the blood by promoting their absorption from food in the intestines, and by promoting reabsorption of calcium in the kidneys. It promotes bone formation and mineralization and is essential in the development of an intact and strong skeleton. However, at very high levels it will promote the resorption of bone. It inhibits parathyroid hormone secretion from the parathyroid gland. Vitamin D affects the immune system by promoting phagocytosis, anti-tumor activity, and immunomodulatory functions.
4. Boron - It enhances the body's ability to use calcium, magnesium, as well as vitamin D. It also seems to assist in brain functioning and recognition. Boron seems to prevent calcium and magnesium from being lost in the urine and may help with decreasing menstrual pain by increasing the oestradiol level, which is a very active type of estrogen. People have also reported the reduction of arthritis symptoms with an intake of Boron.
5. Food Enzymes - Enzymes do much more in your body than help digest food. Enzymes are responsible for every single chemical reaction in every single cell of your body. All your minerals, herbs, vitamins and hormones cannot do their jobs without enzymes. You can't lift an arm or think one thought without the help of enzymes. In fact, you could say that enzymes are, biologically speaking, the source of life. A diet without a source of live enzymes is removed from the source of life. Things removed from their source of life slowly begin to die. For us, that leads to disease, excessive weight gain, depression and many other maladies that plague us today.

- *Omega Minerals:*

1. Vitamin C - Vitamins are elements in food that are essential to health. Vitamin C is the most widely consumed nutritional supplement in the world, more than any other vitamin, mineral or herbal product. It is one of the most important water-soluble vitamins. Also known as ascorbate or ascorbic acid, Vitamin C is often used for helping wounds heal and in skin health products. This is because vitamin C is required

for synthesis of the most common protein and the main protein in mammalian bones, cartilage and skin, called collagen. Ascorbic acid is one of the anti-oxidants essential to preventing cell damage and maintaining a stress-free environment inside the cell of any organism. Vitamin C also acts a delivery system for minerals like calcium and magnesium insuring their complete absorption by the cells.

2. Calcium - Calcium is a naturally occurring mineral that is needed by the body to build and maintain strong bones and teeth. Because calcium is not made in the body, it must be absorbed from a person's dietary or supplement intake. Calcium is shed from the body in skin, nails, hair, sweat, urine, and feces. When a person does not get enough calcium through their diet or supplementation, the body must break down bone to obtain the mineral.
3. Iron - Iron, a mineral, functions primarily as a carrier of oxygen in the body, both as a part of hemoglobin in the blood and of myoglobin in the muscles. It also aids in immune function, cognitive development, temperature regulation, energy metabolism, and work performance. Iron is still the world's number one nutrient deficiency.
4. Magnesium - Magnesium is the fourth most abundant mineral in the body and is essential to good health. Approximately 50% of total body magnesium is found in bone. The other half is found predominantly inside cells of body tissues and organs. Only 1% of magnesium is found in blood, but the body works very hard to keep blood levels of magnesium constant. Magnesium is needed for more than 300 biochemical reactions in the body. It helps maintain normal muscle and nerve function, keeps heart rhythm steady, supports a healthy immune system, and keeps bones strong. Magnesium also helps regulate blood sugar levels, promotes normal blood pressure, and is known to be involved in energy metabolism and protein synthesis. There is an increased interest in the role of magnesium in preventing and managing disorders such as hypertension, cardiovascular disease, and diabetes. Dietary magnesium is absorbed in the small intestines. Magnesium is excreted through the kidneys.
5. Zinc - Numerous aspects of cellular metabolism are zinc-dependent. Zinc plays important roles in growth and development, the immune response, neurological function, and reproduction. On the cellular level, the function of zinc can be divided into three categories: 1) catalytic, 2) structural, and 3) regulatory
6. Selenium - Selenium is a trace mineral that is essential to good health but required only in small amounts. Selenium is incorporated into proteins to make selenoproteins, which are important antioxidant enzymes. The antioxidant properties of selenoproteins help prevent cellular damage from free radicals. Free radicals are natural by-products of oxygen metabolism that may contribute to the development of chronic diseases such as cancer and heart disease. Other selenoproteins help regulate thyroid function and play a role in the immune system.
7. Copper - The body needs copper for normal growth and health. Copper is needed to help body use iron. It is also important for nerve function, bone growth, and to help body use sugar. Copper is a component of or a cofactor for approximately 50 different enzymes. These enzymes need copper to function properly. Copper is an essential nutrient that plays a role in the production of hemoglobin, myelin, collagen, and

melanin. Copper also works with Vitamin C to help make a component of connective tissue known as elastin.

8. Manganese - One important role of manganese as a coenzyme is to support the enzyme superoxide dismutase (SOD), a powerful antioxidant enzyme that functions to prevent inflammation and other damage from free radicals that result from oxidative stress in the body. Manganese is essential to the proper function of SOD, and manganese supplements may boost the antioxidant activity of this important enzyme.
9. Chromium - Chromium is known to enhance the action of insulin, a hormone critical to the metabolism and storage of carbohydrate, fat, and protein in the body. In 1957, a compound in brewers' yeast was found to prevent an age-related decline in the ability of rats to maintain normal levels of sugar (glucose) in their blood. Chromium was identified as the active ingredient in this so-called "glucose tolerance factor" in 1959. Chromium also appears to be directly involved in carbohydrate, fat, and protein metabolism.
10. Molybdenum - Molybdenum is a trace mineral found in most plant and animal tissues. Molybdenum is an essential cofactor for many of the enzymes involved in protein synthesis and the mobilization of iron in the body. Molybdenum helps with metabolism of fats and carbohydrates. It plays an important role in the enzyme process for the use of iron in the body, by mobilizing iron from the liver reserves. Molybdenum is absorbed from the gastrointestinal tract and excreted in the urine. It helps prevent anemia and enhance general feeling of wellbeing.
11. Potassium - Potassium is a mineral that helps the kidneys function normally. It also plays a key role in cardiac, skeletal, and smooth muscle contraction, making it an important nutrient for normal heart, digestive, and muscular function. A diet high in potassium from fruits, vegetables, and legumes is generally recommended for optimum heart health.
12. Boron - It enhances the body's ability to use calcium, magnesium, as well as vitamin D. It also seems to assist in brain functioning and recognition. Boron seems to prevent calcium and magnesium from being lost in the urine and may help with decreasing menstrual pain by increasing the oestradiol level, which is a very active type of estrogen. People have also reported the reduction of arthritis symptoms with an intake of Boron.
13. Vanadium - Vanadium is an essential trace mineral. It is present in varying amounts in the soil and in many foods. It can also be inhaled from the air as a result of burning petroleum or petroleum products. At the end of the last century, vanadium was thought to be a cure for various diseases, but it turned out to be toxic at the high doses prescribed. Vanadium is necessary for bone and tooth development. Too little vanadium may result in high cholesterol and triglyceride levels, poor blood sugar control (for example, diabetes or hypoglycemia), and cardiovascular and kidney disease.
14. Ginger Root - Ginger, the underground stem, or rhizome, of the plant *Zingiber officinale* has been used as a medicine in Asian, Indian, and Arabic herbal traditions since ancient times. In China, for example, ginger has been used to aid digestion and treat stomach upset, diarrhea, and nausea for more than 2,000 years. Since ancient times,

ginger has also been used to help treat arthritis, colic, diarrhea, and heart conditions. In addition to these medicinal uses, ginger continues to be valued around the world as an important cooking spice and is believed to help the common cold, flu-like symptoms, headaches, and even painful menstrual periods. We have added the herb to facilitate better absorption of certain minerals.

15. Cayenne - Native Americans have used cayenne (*Capsicum annuum* or *frutescens*, or red pepper) as both food and medicine for at least 9,000 years. The hot and spicy taste of cayenne pepper is primarily due to a substance known as capsaicin, which has pain-relieving qualities. Cayenne has been used orally and topically for medicinal purposes. Cayenne has also been used in traditional Indian Ayurvedic, Chinese, Japanese, and Korean medicines as an oral remedy for digestive problems, poor appetite, and circulatory problems. It has also been used as a topical remedy for arthritis and muscle pain. We incorporate this herb to the Omega-Minerals formula for its ability to increase circulation to the extremities causing the blood now rich in mineral content to reach those areas where it's needed the most.

- *Kelp & Dulse* - Kelp and Dulse are two varieties of seaweed high in minerals, trace elements and vitamins. They are especially rich in iodine an important mineral for the Thyroid gland. Without enough iodine you may develop goiter or you may suffer from cold hands and feet even when it is warm outside. Kelp is higher in organic sodium while Dulse contains more potassium. By combining these varieties of seaweed we arrive at a healthier balance between the body's two main electrolytes sodium and potassium. We also benefit from the high mineral content found in many types of seaweed. In Japan those who consume sea weeds as a regular part of their diet have fewer colds, flues, and experience better overall health, as well as being the best source of minerals in the vegetable world. Help support healthy skin appearance, excellent source of vitamins A, All The B's C, E and K, they are organically harvested from the sea, they are heavy in protein and healthy carbohydrates, greatly help gland function and metabolize, protects against Cancer, greatly enhances thyroid function, higher source of calcium than milk, protects against heart and cardio vascular disease, has anti inflammatory effect, and has anti aging properties.

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- *Tracite* is a combination of 77 trace minerals and elements that are necessary for a healthy and vibrant life. Ninety-five percent of the human body's functions require minerals and trace elements. Tracite is an iron based, plant-derived, trace mineral composition rich in chromium, vanadium and selenium. It is also rich in macro-minerals, trace minerals, trace elements and especially fulvic acid. Fulvic acid assists in the absorption of nutrients.

Note: Additional information for the above products is included in the subsequent datasheets.

Dosage Recommendations:

Cal/Mag: 2 vegi-capsules with meals and 2 at bedtime

Omega Minerals: Take 1 vegi-capsule with meals

Kelp and Dulse: 2 vegi-capsules, 3 times a day
Tracite: 5 drops in 2 to 8 ounces of water or sparkling water
(To make it even more palatable, squeeze a wedge of lemon or lime into the water)

Please DO NOT modify levels of any prescribed medication

without first consulting your physician.

Ordering Information:

Cal/Mag 1:1 (*Item # 2006*) priced at only: \$22.00 for 180 Vegi-Capsules

Omega Minerals (*Item #2000*) priced at only: \$22.00 for 180 Vegi-Capsules

Kelp & Dulse (*Item #4003*) priced at only: \$14.00 for 100 Vegi-Capsules

Tracite (*Item #2031*) priced at only: \$40.00 for 2 oz. liquid

Total Price for this Wellness Protocol Bundle, Item #7326 is \$101.00

Conveniently Order On-line at: www.UniversalFormulas.com

Required FDA Statement:

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment. We assume no responsibility if you prescribe for yourself without your doctor's approval.