

“Which PIONEER® Calcium Should I Take..?”

First, determine: “Am I at risk for bone loss?” (see reverse side.)

Review the RISK ASSESSMENT QUESTIONNAIRE and if you think you are at moderate or high risk, take the DEXA BONE DENSITY TEST and the TYPE 1 COLLAGEN (f-deoxypridinium) TEST. This helpful information is also discussed in Pioneer’s free brochure on bone health.

Choosing the best calcium formula depends on your:

- PRESENT BONE STATUS
- RISK FOR BONE LOSS
- DIETARY PREFERENCE (vegetarian)

1 FOR BONE HEALTH and LOW RISK:

A partial, up to full daily serving of either Calcium Magnesium (up to 4 tablets) OR Vegetarian Calcium Magnesium (up to 4 tablets/6 capsules)

2 FOR BONE HEALTH with RISK FACTORS:

A full daily serving of either Calcium Magnesium (4 tablets) OR Vegetarian Calcium Magnesium (4 tablets/6 capsules). This amount provides 1000 mg calcium – 100% of the Daily Value.

3 FOR THOSE WITH BONE LOSS or MODERATE to HIGH RISK of BONE LOSS:

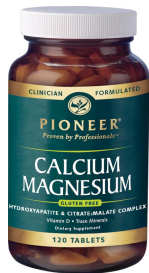
Ipriflavone Calcium Magnesium (5 tablets daily - supplies researched levels of ipriflavone [600 mg] and calcium [1000 mg]) Take with food. If directed by your doctor to further increase calcium, consider adding partial daily serving of Calcium Magnesium or Vegetarian Calcium Magnesium

	1 Low Risk for Bone Loss	2 Moderate Risk for Bone Loss	3 High Risk for Bone Loss
Calcium Magnesium or Vegetarian Calcium Magnesium	●●●●●●●●●●	●●●●●●●●●●	
Ipriflavone Calcium Magnesium		●●●●●●●●●●	●●●●●●●●●●

Calcium Magnesium

Hydroxyapatite, Citrate & Malate Complex

• A blend of 50% microcrystalline hydroxyapatite and 50% calcium citrate and calcium malate in a 1:1 ratio, together with 3 forms of magnesium PLUS boron, natural trace minerals, natural bone proteins and high activity vitamin D3 from lanolin.



- Contains micronutrients found in healthy bone.
- Clinical research suggests that the forms of calcium in this product may help support bone health in some at-risk individuals.
- Our hydroxyapatite is sourced exclusively from New Zealand or Australia, two BSE-free countries. It comes from the freeze-dried bone of young, naturally-raised, pasture-fed cattle.

Vegetarian Calcium Magnesium

Citrate, Malate & Krebs Cycle Complex

- A comparable, vegetarian alternative to *Calcium Magnesium*.
- CHOOSE tablets OR vegetarian capsules.
- Calcium forms include citrate and malate, along with well-utilized Krebs cycle intermediate chelates.
- Magnesium in multiple forms, PLUS boron and silica from standardized horsetail herb, are combined with a full array of natural trace minerals from sea vegetation.
- Contains animal-free vitamin D2.



Ipriflavone Calcium Magnesium

Premium Support for Healthy Bones

- A superior bone health formula, intended for those at risk for bone loss.
- Ipriflavone, a soy isoflavone derivative, has been studied for its ability to potentially help support bone density in post-menopausal osteoporotic women.
- Vegetarian formula.
- Contains all the superior ingredients in our *Vegetarian Calcium Magnesium* tablets PLUS 600 mg of ipriflavone (the daily amount used in most research studies).



SUPPORT BONE HEALTH WITH REGULAR EXERCISE & A HEALTHY DIET PROVIDING ADEQUATE CALCIUM!



RISK ASSESSMENT QUESTIONNAIRE

ARE YOU AT RISK FOR BONE LOSS?

YOU ARE PROBABLY AT RISK IF YOU:

- were raised in a prosperous, technologically-advanced country;
- have eaten, or are eating, a refined diet like the “standard American diet”
(See Pioneer’s brochure “Osteoporosis and Bone Health” for a detailed description of a healthy bone diet);
- can answer “yes” to some of the following risk factors:

- | | | |
|---|---|---|
| <input type="checkbox"/> Are a Caucasian female | <input type="checkbox"/> Have celiac disease | <input type="checkbox"/> Have a previous history of hyperthyroidism |
| <input type="checkbox"/> Regularly use steroids (or have used them for lengthy periods) | <input type="checkbox"/> Daily consume less than 1000-1500 mg of calcium from foods or supplements | <input type="checkbox"/> Have poor overall health (self-estimated) |
| <input type="checkbox"/> Regularly use aluminum-containing antacids or aluminum cookware (which should be replaced) | <i>(While the following risk factors were derived from a study of Caucasian females with hip fractures, most apply as well to overall osteoporotic risk in men and women, Hispanics, Asians, and to a lesser degree, those of African descent.)</i> | <input type="checkbox"/> Have had any fracture since age 50 |
| <input type="checkbox"/> Have had menses interrupted for months at a time (excluding pregnancy, lactation or menopause) | | <input type="checkbox"/> Weigh less now than at age 25 |
| <input type="checkbox"/> Have a history of anorexia or are a female athlete with less than 75% of ideal weight | <input type="checkbox"/> Are weak; can't rise from a chair without using arms | <input type="checkbox"/> Were taller at age 25 |
| <input type="checkbox"/> Presently smoke or have smoked | <input type="checkbox"/> Have a resting pulse of more than 80 beats/minute | <input type="checkbox"/> Currently use any of these drugs: caffeine, tranquilizers, sedatives, antidepressants or anticonvulsants |
| <input type="checkbox"/> Have documented low bone density (2.5 standard deviations below young normal) | <input type="checkbox"/> Stand on feet less than 4 hours daily | <input type="checkbox"/> Have poor distance depth perception |
| | <input type="checkbox"/> Have a family history of maternal hip fracture (especially if mother was under 80 years old at time of fracture) | <input type="checkbox"/> Are physically inactive or rarely exercise |

BONE DENSITY TESTS

If you think you may be at moderate or high risk, consider both of the following tests which may need to be ordered by your healthcare practitioner. They are currently the two most accurate medical tests for determining present bone health status:

DEXA (dual-energy x-ray absorptiometry): This low level x-ray test examines the density of both the spine and hip. It measures the present density of the bone but does not tell you if you are actively losing bone or not. You may need to repeat this test after 1-3 years for a clearer picture of your bone loss or gain.

BONE COLLAGEN PEPTIDE IN URINE (also called the NTx OSTEOMARK TEST): When you are losing bone, type 1 collagen will be spilled into the urine. This test only measures your present status of loss or gain and does not measure your present density. If the test is positive, you must find the cause(s) and address them. This test is non-invasive and relatively inexpensive.

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