

Microcrystalline hydroxyapatite (MCHC®) is a balanced natural source of minerals to support bones.

### Basics:

Adequate calcium levels are important, especially in older people - this applies to women as well as men. Daily intake of calcium in sufficient amounts is crucial for older people and should be an integral part of maintaining one's health adequately. Calcium is found in foods such as dairy products, certain fruits and vegetables, nuts, seeds, fish and eggs, among others. It is essential for many of the body's processes, including bone metabolism in particular, including maintaining the strength of all bones. In addition, there are many other minerals that are necessary for optimal bone metabolism.

Microcrystalline hydroxyapatite is a special form of calcium and accounts for up to 40% of the respective mass in bone and up to 95% in teeth. Besides calcium, hydroxyapatite also contains phosphorus, a second mineral that is essential for bone formation. It can be absorbed as soon as it is consumed in micronised, i.e. greatly reduced, form. In addition to calcium and phosphates, microcrystalline hydroxyapatite contains magnesium, fluorides, zinc, copper, manganese, silicon and rubidium, and also provides organic substances such as active enzymes, collagen fibres, amino acids and many other natural building blocks of bone.

This nutrient has been shown to promote the rebuilding of normal bone structure and support the restoration of proper bone formation when taken daily.

If the absorption of microcrystalline hydroxyapatite through the diet is not sufficient or there is an increased need, this nutrient can be supplemented through special food supplements.

# Ingredients:

### One capsule (clear) contains:

250 mg MCHC® (Microcrystalline Hydroxyapatite)

Other ingredients: Rice Flour, Magnesium Stearate

The product is gluten-free, lactose-free, not genetically modified. Capsule shell vegan.

The product contains ingredients from beef bones.

## **Recommended consumption:**

The exact dosage of MCHC® depends on a person's body mass and the extent of individual bone loss.

As a dietary supplement, a daily intake of 1-6 capsules with meals is recommended.

If necessary, the dose can be increased accordingly.

#### Notes:

Food supplements are not intended as a substitute for a balanced and varied diet and a healthy lifestyle. Do not exceed the recommended daily intake. Keep out of the reach of children. Store protected from light and dry at room temperature.

The published information is not a cure and is not intended as a request or suggestion for selfmedication.

Although some of the above statements on individual micronutrients are derived from scientific studies, they have been categorised as "not yet sufficiently proven" by official authorities such as the European Food Safety Authority (EFSA), meaning that no positive effect can be confirmed.

The product described herein has not been conclusively evaluated by the Food and Drug Administration (FDA; USA) or the European Food Safety Authority (EFSA; Europe). This product is not intended to diagnose, treat, cure or prevent any disease."

Errors and typographical errors excepted. VBX-1-24

MCHC®-Product groups



Manufacturer



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