



## **CORAL**advantage<sup>®</sup> Marine Coral Calcium Complex

### **Description**

CORALadvantage is formulated to help the body attain optimal pH balance. In vegetarian capsules, it is a high grade, high quality, marine coral calcium based balanced mineral supplement. Each 3 capsule serving contains 1000mg of SMP-44 high grade marine coral powder from Okinawa, Japan, along with calcium and magnesium citrates, a full spectrum of chelated minerals, numerous first and second tier co-nutrients for improved absorption and utilization of calcium, and trace minerals from marine coral and red algae. The product is manufactured by a FDA registered, cGMP compliant laboratory.

### **Functions**

Calcium is an essential nutrient used by the body in numerous metabolic processes. Calcium deficiency can limit the ability of the body to regulate pH leading to metabolic acidosis. Acidosis has been linked to osteoporosis and may be a factor in other degenerative conditions<sup>1</sup>. In attempting to neutralize the acidic condition, if there are insufficient minerals available in the diet, the body draws on its stores of minerals in the bones, leading to demineralization of the bones. Due to the large number of nutrients involved in calcium metabolism, providing vitamin D and many other co-nutrients in a "complex" formula may enhance absorption and utilization.

### **SMP Coral**

Sango Marine Coral or SMP is collected as dead fragments of coral reefs that have broken off naturally and have collected in ocean trenches more than one mile offshore and outside of the reefs of Okinawa, Japan. Note that this collection is regulated by the government of Japan, occurs safely away from the live reef and utilizes a process where water is filtered to avoid sediment. This protects the live reefs from being harmed. This information has been confirmed in meetings with the Prefecture of Okinawa and the Marine Biology Department of the University of Ryukyu in Okinawa. CITES (Convention on International Trade in Endangered Species), an international group specifically approved trade in coral sands.

Some of the coral sands collected have a natural ratio of calcium to magnesium of approximately 2:1 with actual percentages of approximately 23% calcium and 11% magnesium. These are selected

by proprietary means from lower grade coral and no magnesium is added to the coral in SMP-44. This has been confirmed by independent laboratory testing of raw coral sands. To preserve their natural benefits, the coral is minimally processed at temperatures not exceeding 300F to 660F. Use of this high-grade marine coral in CORALadvantage guarantees users the availability of both natural calcium and natural magnesium in the formula.

The calcium and magnesium in marine coral are in the form of aragonite crystal that is a mineral-protein matrix similar to a chelate. Aragonite is a chemically active form of calcium carbonate formed only in a saline environment in the presence of enzymes produced by coral polyps. In addition, it can be seen by scanning electron microscope that the marine coral is highly porous, providing a larger effective surface area for ground coral than for ground synthetic calcium carbonate. The resulting porous aragonite crystal dissolves rapidly as evidenced by 100% dissolution of CORALadvantage in standard dissolution tests.

### **Co-Nutrient System**

Mineral depletion in our farmlands coupled with contemporary Western diets high in protein and long chain fatty acids have left many Americans deficient in minerals and trace minerals, many of which are in turn required for calcium absorption and/or utilization. Skin cancer publicity and medical recommendations have Americans avoiding the sun, which limits the ability of the skin to produce Vitamin D. To help assure calcium absorption and utilization in this environment, we provide the required co-nutrients with the calcium. The co-nutrient system includes 21 nutrients<sup>2</sup> linked to calcium absorption and utilization, including magnesium, vitamins D, E and K, boron and lysine, which have been directly linked to calcium absorption or retention. MSM is added to improve absorption of the co-nutrients.

<sup>1</sup> "Acid-Alkaline Balance and its Effect on Bone Health", Susan E. Brown, Ph.D., CCN, and Russell Jaffe, MD, Ph.D., CCN, International Journal of Integrative Medicine Vol. 2, No. 6 – Nov/Dec 2000

<sup>2</sup> Calcium Support Nutrients for enhancing the absorption, utilization and function of calcium, Z.X. Liu, Ph.D. Gerontology, Biochemistry and Nutrition, August 2003



# Product Data

Product Code AN-CA02 & CA12

## Indications

CORALadvantage may be a useful dietary supplement for those who wish to supplement their diet with calcium and other minerals and may be having trouble absorbing and utilizing calcium from traditional calcium supplements.

## Formula

<u>Amount per 3 capsule serving</u>	<u>Amount</u>	<u>%DV</u>
Calcium (from coral/citrate)	366 mg	37%
Magnesium (from coral/citrate)	198 mg	49%
Vitamin A (beta-carotene)	2500 IU	50%
Vitamin C (as ascorbic acid)	86 mg	143%
Vitamin D-3 (as cholecalciferol)	869 IU	217%
Vitamin E (as d-alpha-tocopherol)	43 IU	143%
Vitamin K	18 mcg	23%
Vitamin B-1 (thiamine)	960 mcg	64%
Vitamin B-2 (riboflavin)	1.09 mg	64%
Vitamin B-3 (niacinamide)	12.8 mg	64%
Vitamin B-6 (pyridoxine)	4 mg	200%
Folic acid	400 mcg	100%
Vitamin B-12 (cyanocobalamin)	12 mcg	200%
Vitamin B-5 (pantothenic acid)	6.4 mg	64%
Iodine (from Kelp)	96 mcg	64%
Zinc (as amino acid chelate)	8 mg	53%
Selenium (from amino acid chelate)	70 mcg	101%
Copper (from amino acid chelate)	1 mg	50%
Chromium (from amino acid chelate)	77 mcg	64%
Manganese (from citrate)	3 mg	150%
Marine red algae (7% silicon) (providing 4 mg elemental silicon)	60 mg	*
Lysine HCl	100 mg	*
MSM (methylsulfonylmethane)	100 mg	*
Boron (amino acid chelate)	2 mg	*
Malic acid	15 mg	*
Strontium (amino acid chelate)	1.6 mg	*
Trace Minerals (from Coral) <sup>1</sup>	>49	*

### Note:

Calcium provided by:  
 Marine Coral 230 mg  
 Calcium Citrate 136 mg

Magnesium provided by:  
 Marine Coral 110 mg  
 Magnesium Citrate 88 mg

Other Ingredients: Plant cellulose capsules and titanium dioxide.

<sup>1</sup>Measurable quantities per coral Certificate of Analysis

**Each serving contains 1000 mg of natural marine coral from Okinawa, Japan**

## Suggested Use

Take 3 capsules daily with meals or as directed by a physician or health care practitioner. Since

stomach acid is required to dissolve calcium, for best results take CORALadvantage with multiple meals throughout the day rather than in one large dose. Avoid taking with soft drinks that contain phosphoric acid since it binds with calcium and makes it un-absorbable. It is also better to not take with spinach and beet greens because the Oxalic acid inhibits calcium absorption. Also avoid taking with iron supplements and sulfate containing supplements (e.g., chondroitin sulfate, glucosamine sulfate) because sulfates will bind with calcium making un-absorbable calcium sulfate. Note that acid forming foods including alcohol, caffeine, carbonated soft drinks, red meat, and saturated fats may increase the body's requirements for calcium and mitigate attempts to increase calcium intake. Consult a health professional for more information.

## Suitable for Vegetarians and Children

CORALadvantage in Vegetarian Capsules contains no animal source ingredients.

CORALadvantage is suitable for children and lactating mothers. Suggested doses in capsules per day for children as a function of how much milk they drink are:

Age->	<u>6-8</u>	<u>9-12</u>	<u>13-17</u>
No milk	1	2	3
Some milk	0.5	1	2
Lots of milk	0.5	0.5	1

## Cautions

The ingredients in CORALadvantage are well tolerated and do not generally cause side effects. Individuals with known allergies should review the list of ingredients.

## How Supplied

Bottles contain 90 capsules (CA02) or 180 capsules (CA12), packed 12 bottles per case. Dated shelf life is two years.

## Storage

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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