



Pure Vitality Minerals Releases Liquid Calcium To Help Fight Osteoporosis

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Pure Vitality Minerals in Beaverton, Oregon, recently released a liquid calcium supplement that is designed to help in the fight against osteoporosis. The company offers a number of products that promote overall health and well-being. Keegan Allen with Vitality Minerals says, "Osteoporosis is a terrible disease, but the chances of developing it can be reduced with the right calcium supplement."

Allen explains that many taking calcium supplements experience unwanted side effects such as gas or constipation. Physicians typically recommend taking calcium supplements in pill form with extra fluids to combat these side effects. Allen says, however, that liquid calcium may be the best remedy.

"Liquid calcium supplements avoid these side effects altogether provided you take them correctly," Allen states. "By taking calcium in liquid form, you are automatically giving your body those additional fluids to help digest and avoid the common problems associated with calcium supplements."

Calcium is required for healthy bones and without the proper amount of calcium each day, the body begins to strip calcium from the bones where it is stored. This causes the bones to become weaker, which could

eventually lead to osteoporosis and a number of other serious health issues.

Studies by the National Institutes of Health (NIH) suggest that approximately 55 percent of men and 78 percent of women over the age of 20 do not get enough calcium on a daily basis. For women before menopause who are between 20 and 50 years of age, 1,000 to 2,000 milligrams of calcium per day is recommended. For pregnant or lactating women, 1,500 milligrams are recommended. For women who have gone through or are currently in menopause, who are younger than 65, 1,500 milligrams per day is recommended. Men between 25 and 65 years of age should get at least 1,000 milligrams of calcium per day.

The NIH Osteoporosis and Related Bone Diseases states that 500 milligrams at a sitting is best for absorption although Pure Vitality Minerals suggests talking with a doctor before increasing calcium intake. The company states that their liquid calcium can be taken three times per day when taking 500 milligrams at a time. More about Pure Vitality Minerals and their liquid calcium supplement can be seen at Amazon (<https://www.amazon.com/dp/B01HI25IE0>).

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Pure Vitality Minerals

The Online Connection launched the Pure Vitality Minerals brand in response to demand for a high quality, pure Magnesium Oil sourced in the USA.

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