



Pure Vitality Minerals Stresses Benefits Found For Liquid Calcium

October 25, 2016

October 25, 2016 - PRESSADVANTAGE -

Pure Vitality Minerals, which is based in Beaverton, Oregon, has pointed out that new benefits have been found for liquid calcium, which is better absorption. Calcium is a much needed nutrient that helps to strengthen bones. Calcium deficiency can cause a number of serious health conditions, not the least of which is osteoporosis. While calcium supplements have been around for quite some time, many have found these supplements difficult to take.

Calcium in pill or powder form often causes side effects such as constipation and gas. Studies have shown that liquid calcium is a better means of increasing calcium intake. Not only does it offer an easier form of ingestion, it does not cause side effects as other forms do, and the body can absorb the liquid form much more easily.

"It's just a better way to ensure that you're getting the calcium you need on a daily basis," says Keegan Allen with Pure Vitality Minerals in Beaverton, Oregon. Pure Vitality Minerals recently launched a liquid form of calcium that is specifically designed to be ingested easy and to absorb into the system much faster and more effectively than other supplements.

Studies have shown that a major advantage of taking a liquid calcium supplement is that this form helps with absorption. It's already broken down when it enters the stomach, making its transition to the bloodstream somewhat easier than pills and powder forms that have to dissolve first.

Allen says, "In addition, some calcium tablets can be large and hard to swallow. A liquid formula goes down easily."

While doctors typically recommend getting as much calcium from food as possible, not everyone can get the required daily dose of calcium simply from food sources. Most adults, or at least half of men and nearly 80 percent of women, do not get the daily required dose of calcium, mostly because they do not eat or cannot eat the food sources that have the mineral in relatively high amounts.

Allen states that anyone who cannot get their daily dose of calcium from food, and those who cannot stomach powder or pill forms, can take liquid calcium, and he recommends three doses of 500 milligrams per day to meet the 1,500 milligram recommended amount.

Those interested in learning more can visit the Pure Vitality Minerals product listing on Amazon: www.amazon.com/dp/B01HI25IE0.

###

For more information about Pure Vitality Minerals, contact the company here: Pure Vitality Minerals Keegan Allen +15036084615 keeganallen@purevitalityminerals.com 9450 SW Gemini Dr #41107 Beaverton OR 97008 7105

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.

Email: keeganallen@purevitalityminerals.com

Phone: +15036084615



