



Pure Vitality Minerals Liquid Calcium Shown To Lower Risk Of Deficiency

October 24, 2016

October 24, 2016 - PRESSADVANTAGE -

Over the years, many studies have been done that show a strong link between calcium deficiency and osteoporosis. Pure Vitality Minerals in Beaverton, Oregon, is hoping to sever this link with their recently launched liquid calcium supplement.

Keegan Allen with Pure Vitality Minerals says, "We've heard for years that not getting enough calcium can lead to bone disease, more specifically to osteoporosis. Doctors prescribe calcium supplements to women going through menopause on a regular basis to avoid this type of deficiency that can lead to osteoporosis and brittle bones."

Calcium deficiency disease, or hypocalcemia, can significantly increase the risk of developing osteoporosis. Calcium is used throughout the body to stabilize blood pressure and to build strong bones. Studies have shown conclusively that not getting enough calcium in the diet can lead to osteoporosis, a disease that can cause brittle bones that break easily. Doctors recommend consuming the required amount of calcium per day either through foods or supplements.

"The thing is," says Allen, "many people can't take regular calcium supplements. Pills and powders can cause some very uncomfortable side effects, and those forms are more difficult for the body to absorb."

Allen explains that liquid calcium is much better for absorption and it is more easily digested, so those taking it can avoid common side effects such as gas, bloating, and constipation. Allen adds that while there are a number of foods that are high in calcium, such as many dairy products, those foods can also often be high in saturated and trans fat, which is something that the general consumer would like to avoid. While doctors typically do recommend getting the majority of calcium from foods, some consumers cannot ingest certain calcium-rich foods, or may prefer to avoid foods high in fat. In these cases, calcium supplements are often recommended.

Allen recommends checking with a doctor to determine if a calcium supplement is needed. He states that the liquid supplement from Pure Vitality Minerals can give consumers the required daily dose of calcium, and comes in a much easier to absorb form. More about the company and their products can be seen on their official website.

###

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



Powered by PressAdvantage.com