

NUTRITION NEWS

How To Get All The Calcium You Need

(NAPSA)—While the importance of calcium is well known, you may be surprised to learn that as many as 70 percent of women don't get all the calcium they need.

Women between the ages of 19 and 50 should consume 1,000 to 1,200 mg of calcium each day, but less than 30 percent do.

The reasons vary. Women who watch their weight may tend to avoid dairy products because they are perceived to be high in fat or they skip meals altogether; while hectic lifestyles and the “put others first” attitude means many women have less time for well-balanced meals.

According to the FDA, adequate calcium intake may reduce the risk of osteoporosis and optimize peak bone mass. Getting enough calcium, however, goes beyond bone health. While calcium helps maintain bone integrity, it's also needed to support healthy circulation, blood coagulation and a regular heartbeat. Research has shown that it may help ease PMS symptoms, supports colon health and promotes sleep.

If you think your diet lacks the calcium your body needs, here are



Taking enough calcium got much easier with the development of calcium chewing gum.

a few easy ways to add it:

- For breakfast—prepare oatmeal with milk instead of water, add granola or crunchy cereal to make yogurt more interesting and drink calcium-fortified juices.

- For lunch—add a slice of low-fat cheese to your sandwich or enjoy a calcium-rich spinach salad with your favorite low-fat grated cheese.

- For dinner—bake salmon, also a good source of calcium, and serve vegetables such as broccoli and asparagus (more calcium)

topped with melted low-fat cheese.

Another excellent way to add calcium is with a new dietary supplement chewing gum. Estroven Calci-Fresh Calcium Gum contains calcium carbonate and calcium citrate, two highly absorbable forms of calcium plus vitamins C, D and K which are important for optimal bone health.

Vitamin D aids calcium absorption, vitamin K is for good bone structure and vitamin C aids in the development of healthy bones and teeth.

Having a calcium supplement in gum form makes it easier to take because you can carry it with you. Chew just two pieces and you're well on your way to getting your daily calcium requirement.

Estroven Calci-Fresh is formulated using patented gum technology that enables the calcium and vitamins to be added to chewing gum. The nutrients are released into the body during the first 5 to 10 minutes of chewing.

Estroven Calci-Fresh calcium gum is available at drug, discount, and grocery stores. Go to Estroven.com to learn more about Estroven Calci-Fresh gum or to find a retailer near you.

The Estroven brand has been the leading women's wellness brand since 1997. Over the years, Estroven has earned the trust of more women experiencing perimenopausal and menopausal symptoms than all other natural menopause supplement brands combined. Not only do women trust Estroven; pharmacists recommend it four to one over the next brand of menopause supplements. The brand offers a complete line of products for women's wellness including Extra Strength Estroven, Estroven Healthy Heart, Estroven PMS, Estroven Multi-Vitamin, Estroven Joint & Bone, Estroven Bone Density and Estroven Menopause Monitor.