



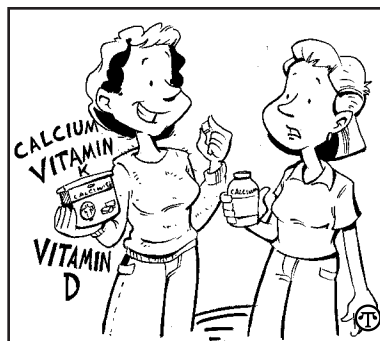
# Health NEWS & NOTES

## Calcium Alone Is Not Enough To Build Strong Teeth And Bones

(NAPSA)—Osteoporosis is a major threat to more than 28 million Americans and is responsible for more than 1.5 million bone fractures each year, according to statistics from the National Institute of Health. While many Americans take a calcium supplement to build stronger bones and teeth, they may not be getting the full benefits of the added calcium due to insufficient intake of vitamins D and K. Studies indicate that without enough vitamin D and vitamin K, the body will not absorb the calcium it needs.

“We reach our maximum bone density in our 20’s and gradually lose it as we get older, so exercising and getting the recommended daily amount of calcium via diet or a calcium supplement is important to maintain bone health and reduce the risk of osteoporosis,” explains Barbara Levine, R.D., Ph.D., Co-Director, Human Nutrition Program, The Rockefeller University, New York, NY. “However, research shows we also need vitamins D and K for our bodies to absorb the calcium.”

To build and maintain strong, healthy bones, Novartis Consumer Health has just introduced CalciWise™, a supplement containing 600mg of calcium, as well as



50 percent of the daily recommended values of vitamins D, K and riboflavin, all in a delicious chocolate chew.

CalciWise™ is part of ReSource® Wellness, a complete line of dietary supplements developed to help consumers take charge of their own health and feel better.

Whether the issue is bone health, low energy, mild memory problems or other age- and stress-related health issues, these unique blends of herbs, extracts and vitamins have been developed to target specific health needs. The products can be found in local food, drug and discount stores.

Call toll free 1-877-939-3556 Mon.-Fri. 8AM-5PM ET to speak to a ReSource® Wellness nutrition consultant or visit their Web site at [www.resourcewellness.com](http://www.resourcewellness.com).