

In order for your body to recognize these elements in supplements, they must be available in ionic form, or they will pass through your system with little effect.

Unlike HydroCal, this advantage is not seen in capsules, caplets or chewing forms of calcium such as antacids as they first need to be processed by the stomach to be converted into an ionic form before being useful nutrients.

### **The extra impact of trace minerals**

We include trace minerals in our unique HydroCal formula for maximum health benefits.

Inulin is a natural soluble dietary fiber, which is derived from chicory root.

It significantly increases the absorption of calcium and magnesium from food and supplements by making the digestive system more efficient.

It's known as a prebiotic and stimulates the growth of friendly intestinal bacteria which supports good colon health while at the same time hindering the growth of harmful bacteria preventing some common digestive ailments.

Foods with inulin, including HydroCal, are often recommended for diabetics because it has a glycemic index of zero, so it doesn't affect blood-sugar levels.

We also include trace elements of minerals such as copper, zinc and manganese as they assist in metabolic processes involving collagen and bone, as well as immune system function.

*Hydro-Cal can be taken after the evening meal, or as two 'half' doses; one morning and one evening.*

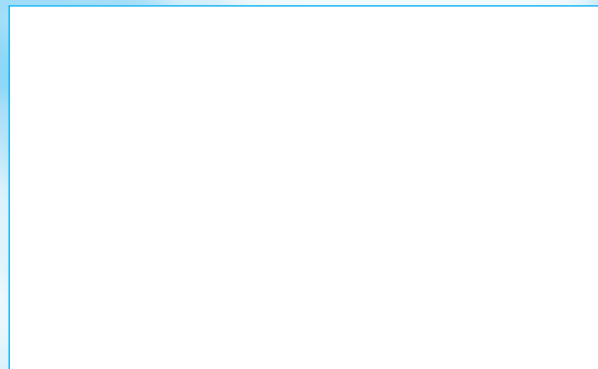
For more details please see our website:

**[www.healthwest.com.au](http://www.healthwest.com.au)**

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At HealthWest quality control is paramount and we guarantee quality, purity and value for money. When you purchase any of the HealthWest range of products, you are buying the best.

### **Also available**



**Healthwest Pty Ltd**

**EFFERVESCENT**

# HydroCal

***The most readily-absorbable form of calcium available today.***



***Great tasting effervescent drink suitable for the whole family including diabetics, vegans and children***

**[www.healthwest.com.au](http://www.healthwest.com.au)**



## Do you have trouble getting to sleep?

Do you toss and turn, unable to 'switch off' your busy brain?

Are you kept awake by restless legs, cramping muscles or general feelings of restlessness?

*You may not be getting enough calcium or magnesium in your diet.*

These two minerals are vital for developing and supporting a healthy nervous system, strong bones and healthy muscles.

But, if you're not getting enough, it can wreak havoc on your body leading to sleepless nights and sluggish days.

HydroCal may be able to help you claim back the rejuvenating sleep you've been missing.

A combined calcium/magnesium supplement like no other, HydroCal can restore a healthy balance of these minerals to your system, allowing you to achieve the restorative sleep your mind and body needs for optimum health and wellbeing.

*HydroCal offers the most readily-absorbable form of calcium available today.*

Its unique formulation is a special blend of essential calcium and magnesium in a 2:1 mineral ratio for maximum absorption, so you can be assured that your cells are getting what they need.

HydroCal also contains complementary trace minerals such as Inulin, Zinc, Copper, Boron, Manganese, Aloe Vera and Horsetail, that all help to fortify your body and protect your health.

Suitable for:

- Adults
- Elderly people
- Vegans
- Children, and
- Diabetics



# HydroCal

## Why do I need Calcium?

You probably know that Calcium helps give you strong bones. That's because Calcium combines with other minerals to give your bones their strength and structure.

But, your body also uses a small amount of calcium dissolved in your blood to make sure your heart, muscles, blood and nerves all function in a healthy way.

Bones act like a calcium bank - almost 99% of the body's calcium is stored in them.

If you do not take in enough calcium from your diet to maintain adequate levels in the blood, the body reacts by 'withdrawing' calcium from your 'bone bank' and depositing it into the bloodstream instead.

This means that the calcium that makes your bones strong starts being taken away and used elsewhere in the body.

If your body keeps using the calcium from your bones because it isn't getting enough from your diet, your bone density (bone strength) will gradually decline putting you at risk of developing osteoporosis.

## How do I know how much calcium I need?

The amount of calcium you need depends on your age and gender. You need the most daily intake when you are a teenager. You also need a high daily intake if you are a woman older than 50, or if you are a man older than 70.

Our bones achieve their highest density by our early twenties and nearly 40% of this is acquired during puberty.

This is why it is so important for children and teenagers to have a diet that provides adequate calcium. Achieving a high bone mass during these younger years can help you maintain better bone health throughout the rest of your life.

In adulthood, getting adequate amounts of calcium in your diet becomes vital to maintaining bone strength. As we age, our bodies absorb calcium less effectively, so calcium intake needs to be maintained at a higher level.

For women, rapid bone loss can occur during menopause as oestrogen levels drop.

Similarly, as ageing men experience lower testosterone levels, their bones can become more fragile as well.

As an effective calcium supplement, HydroCal can help reduce the risk of osteoporosis in both men and women.

## Why do I need Magnesium?

Lots of processes in the body rely on magnesium to complete them efficiently. From absorbing nutrients, to converting food into energy, regulating heart and blood pressure, and absorbing and using calcium, this essential mineral plays an important role in keeping our bodies in top shape.

A deficiency in magnesium can disrupt nerve and muscle impulses, which often causes irritability, nervousness, twitches, and muscle cramps. If these symptoms are keeping you up at night, it might be your body telling you that you need more magnesium in your diet.

Supplementing your diet with HydroCal can give your body the magnesium it needs to function efficiently, and helps to prevent insomnia, depression, dizziness, constipation, muscle weakness, and muscle cramps.

## Why HydroCal is the supplement for you.

Your body can absorb magnesium when taken by itself. But, to adequately absorb calcium, the body requires magnesium also. For optimum benefit, the mineral ratio should be 2:1.

Many calcium tablet and powder supplements don't have this essential ratio, and are produced in capsule and tablet forms that can pass directly through the stomach without being properly absorbed.