

Calcium Absorbability Test (CAT)

Directions:

- Place a small amount of calcium either powder/pill/capsule into a 4 ounce cup of warm water.
- Stir the water occasionally for 30 minutes.
- If the calcium is not fully dissolved; it has failed the test.

Beware, it will not perform any better in your stomach.

When you do find a calcium supplement that proves satisfactory, in keeping with the above **Calcium Absorbability Test**, take 500 mg or less at a time.

(This will help ensure a more complete digestibility of that 500 mg amount)

Remember that elemental calcium is best absorbed when taking no more than 500 mg portions at one time.

Also, when taking your daily calcium, please begin with a lower dose, to start. Then, gradually increase your daily dose to the proper dose levels for your specific needs, per day.

Note:

A healthy level of digestive acids are needed to optimize calcium utilization.

If you have any questions about calcium intake or this test, call our HealthQuest Radio Hotline at 800-794-1855.

We have a full line of high-quality calcium and bone-building supplements to meet your needs.