

ANTACIDS AND BONE HEALTH



A recent study published in the Journal of the American Medical Association¹ shows that people who use certain medications to control their heartburn and acid reflux experience an increased risk of hip fracture. The "problem medicines" are termed "proton pump inhibitors," and they work by blocking the production of stomach acid. In doing so, they apparently interfere with calcium absorption and thereby increase the risk of osteoporosis and bone fractures.

For those seeking relief from mild and occasional heartburn**, there are good alternatives to proton pump inhibitors. In fact, many have found that USANA's **Active Calcium™ Chewable** provides reliable relief from occasional heartburn. The calcium and magnesium compounds in this product neutralize stomach

acids thereby eliminating heartburn symptoms. Most importantly, Active Calcium Chewable provides heartburn relief while delivering advanced doses of the vitamins and minerals that are essential for maintaining strong healthy bones.

Many over-the-counter antacids work by neutralizing stomach acids. However, not all antacids are created equal when it comes to bone health. The following table shows that USANA's Active Calcium Chewable stands well above other products in supplying balanced amounts of all three of the nutrients critical for maintaining strong, healthy bones: calcium, magnesium, and vitamin D.***

See how USANA's **Active Calcium Chewable** supplement compares with several popular over-the-counter antacids.

Product*	Calcium (mg/2 tab)	Magnesium (mg/2 tab)	Vitamin D (IU/2 tab)
USANA's Active Calcium™ Chewable	400	200	200
Tums Extra Strength®	600	0	0
Rolaids® Multisymptom	540	120	0
Pepto-Bismol® Chewable Tablets	280	0	0
Maalox® Maximum Strength Chewable	800	0	0
Gaviscon® Extra Strength	0	70	0
Alka-Seltzer® Original	0	0	0

¹ Yang YX, Lewis JD, Epstein S, Metz DC. Long-term proton pump inhibitor therapy and risk of hip fracture. JAMA. 2006; 296:2947-2953.

*All trademarks are the property of their respective owners.

*** Please note that antacids may not provide sufficient relief for everyone, and people who experience heartburn should consult with a physician before selecting a medication or switching to an alternative remedy. But if antacids work for you, make USANA's Active Calcium Chewable your product of choice.

Contact your local USANA Associate for more information.



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**These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.