



THE IMPORTANCE OF CALCIUM IN THE BODY

Calcium is the main component of the body's bone structure. It also plays an important role in several bodily functions:

- Helps muscles to relax and contract to prevent all kinds of cramps.
- Regulates normal heart rhythm.
- Carries messages between the brain and every part of the body.
- Coral calcium aids prevention of heart disease, and gastric and colorectal cancers.

Signs and symptoms of calcium deficiency include muscle spasms, abnormal heart rhythm, fatigue, brittle hair and nails, poor dental health, depression, and increased risk of fractures.

What causes calcium deficiency?

- Inadequate calcium intake.
- Vitamin D deficiency, as vitamin D helps the body to absorb calcium.
- Carbonated drinks suck calcium out of bone and inhibit the formation of new bone.
- Sugars and refined foods lower the pH of blood. In an attempt to restore the pH balance of the blood, the body will extract calcium from bone.

Calcium deficiency treatment

- Exercise is an excellent way to help build bone mass.
- Add more calcium to your diet, or take calcium supplements such as *CALCI-BOOST*.
- *OMEGA-3* works in combination with calcium and magnesium for effective bone building.
- Low vitamin D levels tend to cause lower bone density. *ALOE MULTI PLUS* contains vitamin D, which helps the body absorb calcium.

Excessive calcium intake can cause hypercalcemia. Excessive calcium levels in the blood can lead to muscle aches, weakness and cramping, bone pain, loss of mobility, excessive thirst, and frequent urination. Avoid calcium supplements when experiencing any of these symptoms.

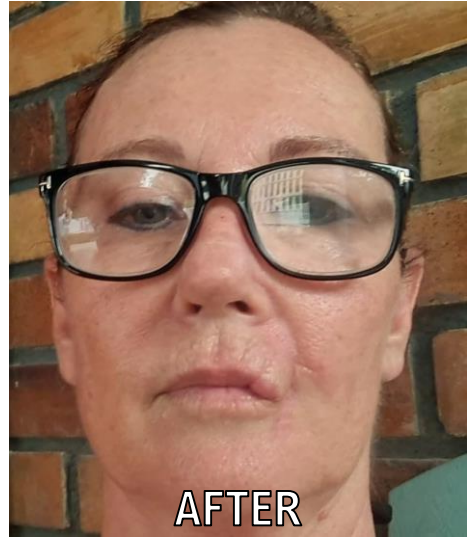
Magnesium and calcium work synergistically to promote bone health and more.

Magnesium –

- is essential for optimal calcium absorption and deposition.
- has a calming effect on muscles and relieves pain.
- lowers the risk of osteoporosis in females after menopause.
- is linked to higher bone density.
- deficiency causes exhaustion, weakness, muscle cramps, and abnormal heart rhythm.

CALCI-BOOST contains coral calcium and magnesium. It is excellent for optimal bone building, and is suitable for pregnant and lactating mothers. Take 1-2 capsules daily with meals.





ENGLISH: Michelle from Colombia annually visits South Africa. She was diagnosed with oral cancer during her visit in 2021. The surgeon that performed the surgery on Michelle was very concerned that she might suffer permanent speech impairment.

Fortunately, Michelle is never without *SUPERALOE GEL* as she stocks up on her annual visits to South Africa from an Aloe Ferox distributor named Sarie Kotzee.

"I literally walked around with a tube of *SUPERALOE GEL* in my hand, and applied it every so often to the surgical wounds (inside my mouth and on my face and lips). Everyone is amazed and grateful for the miraculous healing in just 2 months!"

(Name was changed to protect Michelle's identity)

AFRIKAANS: Michelle van Colombia was tydens haar kuier in Suid-Afrika in 2021 gediagnoseer met kanker in die mond. Jaarliks, met hulle besoek aan Suid-Afrika, koop sy haar Aloe Ferox-produkte by Sarie Kotzee, een van ons verspreiders, en is dus nooit sonder haar *SUPERALOE GEL* nie. Dié foto's is ná die operasie geneem, en die chirurg wat haar geopereer het, was besorg dat sy dalk nooit weer behoorlik sou kon praat nie. Sy sê self: "Ek het letterlik met die buis *SUPERALOE GEL* in my hand geloop en elke kort-kort binne en buite aan die operasiewonde gesmeer. Almal is verbaas en dankbaar oor dié wonderlike genesing na slegs 2 maande!"

(Naam is verander om Michelle se identiteit te beskerm)



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SPECIALS

DECEMBER 2022



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DIE BELANGRIKHEID VAN KALSIUM IN DIE LIGGAAM

Kalsium is die hoofkomponent van die liggaam se beenstruktuur, en speel 'n belangrike rol in verskeie funksies van die liggaam:

- Voorkom krampe deur spiere te laat saamtrek en ontspan.
- Reguleer normale hartritme.
- Dra boodskappe oor tussen die brein en die res van die liggaam.
- Koraalkalsium help om hartsiektes, maag- en kolorektale kanker te voorkom.

Simptome van kalsium-tekort sluit o.a. spierspasma, abnormale hartritme, moegheid, bros hare en naels, swak tandheelkundige gesondheid, depressie, en frakture in.

Wat veroorsaak kalsium-tekorte?

- Onvoldoende inname van kalsium.
- Vitamine D-tekorte, omdat vitamine D die liggaam help om kalsium te absorbeer.
- Die fosforsuur in koeldrank suig kalsium uit die been en beperk die vorming van nuwe been.
- Suikers en verfynde kosse verlaag die pH van bloed. In 'n poging om die pH-balans te herstel, onttrek die liggaam kalsium uit die been.

Hoe kan kalsium-tekorte herstel word?

- Oefening is uitstekend om beenmassa op te bou.
- Voeg meer kalsium by jou dieet en/of neem kalsium-aanvullings soos *CALCI-BOOST*.
- *OMEGA-3* werk in kombinasie met kalsium en magnesium vir effektiewe beenbou.
- Lae vitamine D-vlakke is geneig tot laer beendigheid. Die vitamine D in *ALDEMULTIPLUS* help die liggaam om kalsium te absorbeer.

Hoë kalsium-inname kan hiperkalsemie veroorsaak. 'n Oormaat kalsium in die bloed kan lei tot spierpyn, -swakheid en -krampe, beenpyn, verminderde beweeglikheid, hoofpyn, oormatige dors, en gereelde urinering. Vermy kalsium-aanvullings as jy hierdie simptome ervaar.

Magnesium en kalsium werk sinergisties saam om beengesondheid en meer te bevorder.

Magnesium –

- is noodsaaklik vir optimale kalsium-absorpsie.
- het 'n kalmerende effek op spiere en verlig pyn.
- verlaag die risiko van osteoporose by vroue na menopouse.
- -inname word direk gekoppel aan hoër beendigheid.
- -tekorte lei tot uitputting, swakheid, spierkrampe, en abnormale hartritme.

CALCI-BOOST bevat koraalkalsium en magnesium. Dit is uitstekend vir optimale beenbou, en is geskik vir swanger en lakterende moeders. Neem 1-2 kapsules daaglik met etes.

