

EZorb Calcium® - Calcium Aspartate Anhydrous

Osteoporosis Treatment Comparison

Brand	Ingredient	Increase BMD	Physiological Function	Prerequisite	Side Effects
EZorb®	Calcium Aspartate Anhydrous	Yes	Stimulate osteoblasts* to create more new bone mass	None (2)	No known side effects.
Fosamax®	Bisphosphonates	No	Retain old bone mass by killing osteoclasts**	Calcium Vitamin D(1) A Must	Blood in stool and urine, fatigue, stomach ulcers, nausea, hair loss, headache, blurred vision, heartburn and etc.
Actonel®	Bisphosphonates	No	Retain old bone mass by killing osteoclasts**	Calcium Vitamin D(1) A Must	Pain swallowing, back pain, ulcers in stomach esophagus, joint pain, constipation, weight gain, hair loss and etc.
Boniva®	Bisphosphonates	No	Retain old bone mass by killing osteoclasts**	Calcium Vitamin D(1) A Must	Sever pain in bone, joint and muscle, very bad heartburn, difficulty swallowing, diarrhea, chest pain and etc.
Evista®	Raloxifene	No	Retain old bone mass by killing osteoclasts**	Calcium Vitamin D(1) A Must	Blood clots in the veins, hot flashes, cramps, swelling, sleep difficulty, depression, speech problems and etc.
Forteo®	Teriparatide	Yes	Act as parathyroid.	Calcium Vitamin D(1) A Must	Causing bone cancer in lab rats, dizziness, leg cramps, chest pain, vomiting, constipation, sluggishness and etc.
Boniva IV Injection®	Bisphosphonates	No	Retain old bone mass by killing osteoclasts**	Calcium Vitamin D(1) A Must	Sever pain in bone, joint and muscle, very bad heartburn, difficulty swallowing, diarrhea, chest pain and etc.

In order to allow the bone to withstand mechanical stresses, old bone mass is broken down by osteoclasts and new bone formed by osteoblasts.

* Osteoblasts are cells that are responsible for creating new bone mass.

** Osteoclasts are cells associated with bone resorption.

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(1) Traditional calcium supplements are hardly absorbed in the pH medium of the small intestine (pH 7.0-7.2). With the help of Vitamin D, their absorption rate is slightly higher.

Taking traditional calcium supplements also suppress your body's ability to absorb magnesium. In the pH environment of the small intestine, inorganic minerals tend to attach themselves to one another and form magma precipitation. Once precipitated, the minerals become nonabsorbable. Therefore taking inorganic calcium supplements will dramatically reduce magnesium absorption. And that is exactly why one needs to supplement magnesium while taking inorganic calcium.

(2) EZorb Calcium®, on the other hand, does not need participation of **Vitamin D** for better absorption. Calcium aspartate anhydrous (CalAA) is absorbed in its molecular form therefore it doesn't need to use **Vitamin D** as a carrier to penetrate the mucous membrane.

CalAA doesn't interact with other compounds thanks to its strong molecular structure. Therefore EZorb will not affect magnesium absorption.