

Centomix



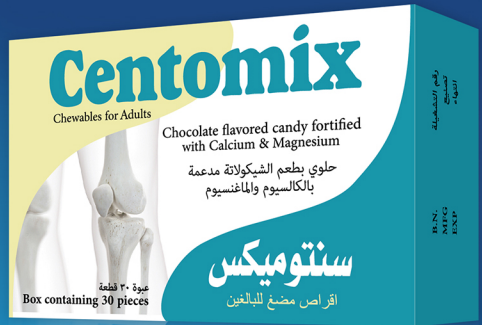
Mg

Vitamin
D₃

HIGH
Ca Elemental
500

Centomix

"Support your bones today,
they will support you tomorrow"



Centomix contains

● Calcium

- ✓ Supports and maintain healthy bone density and remodeling.

● Magnesium

- ✓ Boosts Exercise Performance
- ✓ Supports contraction and relaxation of muscles

- Magnesium is known to reduce the rate that bones degrade or break down. Magnesium deficiency can result in fragile bones.

A 2013 study says that a balanced level of Magnesium within bones is crucial for bone health^(1,2) – too little magnesium contributes to bone loss by:

- ✓ Affecting "crystal formation" in bone cells.
- ✓ Impacting the amount of parathyroid hormone produced. (The amount of calcium your body absorbs is controlled by parathyroid hormone.)
- ✓ Creating inflammation in your bones.

- Vitamin D maintains bone density

- ✓ Regulate and control the body's ability to absorb phosphorus and calcium—two compounds that provide density and strength to the skeletal system and teeth.

● Composition

Ca carbonate
Vitamin D3
Magnesium

● Centomix Uses:

Osteoporosis, Osteopenia, osteomalacia, rickets and Bone fractures.
Pregnancy, nursing mothers, and post-menopausal

● Dose :

From 1to 3 tablet daily

Ref:

1. Nutrients. 2013 Aug; 3(33-3022-08)5.

2. Published online 2013 Jul 31. doi: 10.3390/nu5083022

