

La Renon

DISTINCT FROM REST



# Lithohenz

Calcium Carbonate (Lithothamnion Aquamin)  
and Vitamin D3 Tablets

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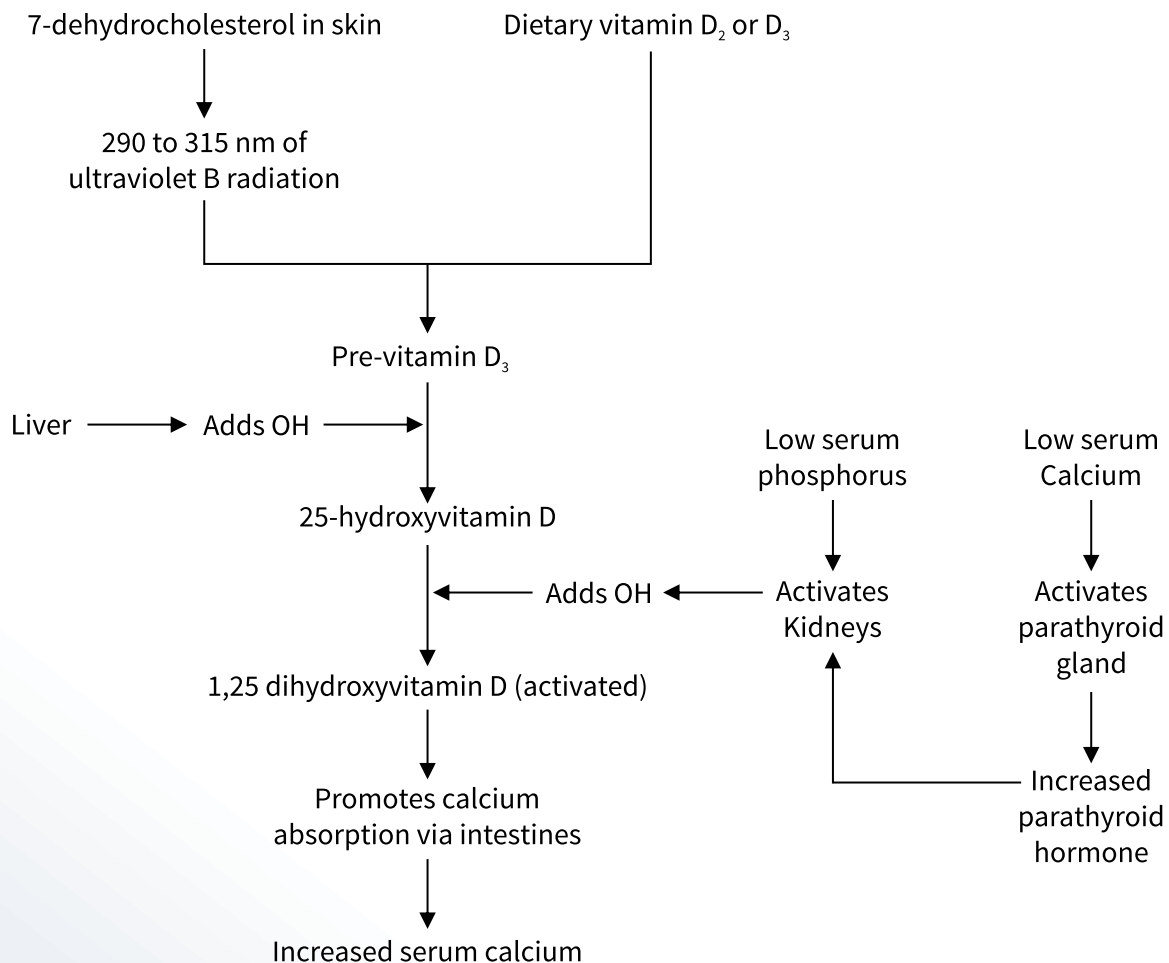
Calcium Carbonate (Lithothamnion Aquamin) and Vitamin D3 Tablets

## ROLE OF CALCIUM AND VITAMIN D3:

- Calcium plays a very important role in the body. It is necessary for normal functioning of nerves, cells, muscle, and bone. If there is lack of calcium in the blood, then the body will take calcium from bones, thereby weakening bones.
- Vitamin D helps body absorb calcium and phosphorus. Having the right amount of vitamin D and calcium is important for building and keeping strong bones.

## Correlation between Serum Calcium, Vitamin D & Parathyroid hormone (PTH)

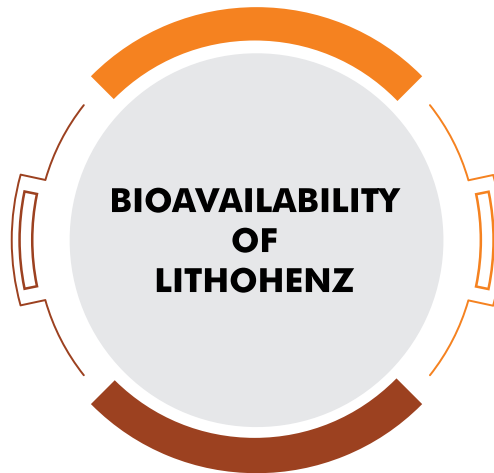
PTH (Parathyroid hormone) → Activates Vitamin D<sub>3</sub> → Helps Ca absorption.



- **Low Ca and Vitamin D3** ----- Bone loss, Fatigue, bone and back pain, joint and muscle pain, osteoporosis, osteomalacia, hypophosphatemia.

Lithohenz is a Natural, Marine-derived, Multi-mineral, from the Lithothamnion sp. of red algae, Highly porous in nature with Unique structure.

Lithohenz has a unique porous 'honeycomb-like' structure which reacts particularly well in the digestive system giving it enhanced absorption properties.



Molecule has a very large surface area which allows faster solubilisation and rapid ionisation of the calcium, resulting in better absorption.

## CLINICAL STUDY

### OBJECTIVE:

Effect of Calcium (Aquamin F) Derived from Lithothamnion sp. on Markers of Calcium Metabolism in Premenopausal Women.

### STUDY DESIGN:

A double-blind crossover pilot trial

Total Patients: 12

Duration of the study: 4 weeks.

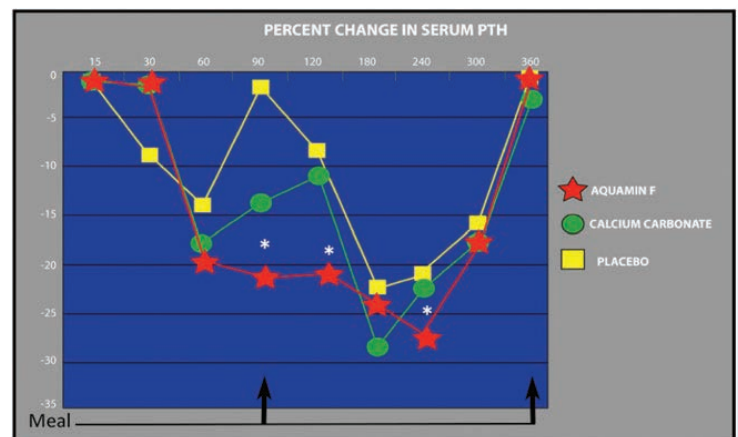
Dosage: 3 Groups, Each treatment dose included three, 2-piece gelatin capsules delivering 720mg of elemental calcium (240mg/capsule) from Aquamin F or calcium carbonate or placebo

Study Endpoints: Calcium concentration in urine, Calcium excretion in urine, Changes in serum PTH.

### RESULTS:

Following a meal at 90 min, subjects treated with Aquamin F demonstrated a more prolonged suppression of serum PTH concentration (significantly lower than placebo at 90, 120, and 240 min).

Figure: Percent change in serum PTH levels over time. \*Compared with placebo, the decrease in PTH concentration following Aquamin F treatment was significant at 90, 120, and 240min ( $P = .003$ ,  $P = .017$ , and  $P = .030$ , respectively) while calcium carbonate treatment was significantly different from placebo treatment only at 90min ( $P = .026$ ).



### CONCLUSION:

Aquamin F demonstrate greater influence over the markers of calcium metabolism than calcium carbonate or placebo, as suggested by a greater calciuric response and a more prolonged suppression of serum PTH concentrations following a meal in premenopausal women.

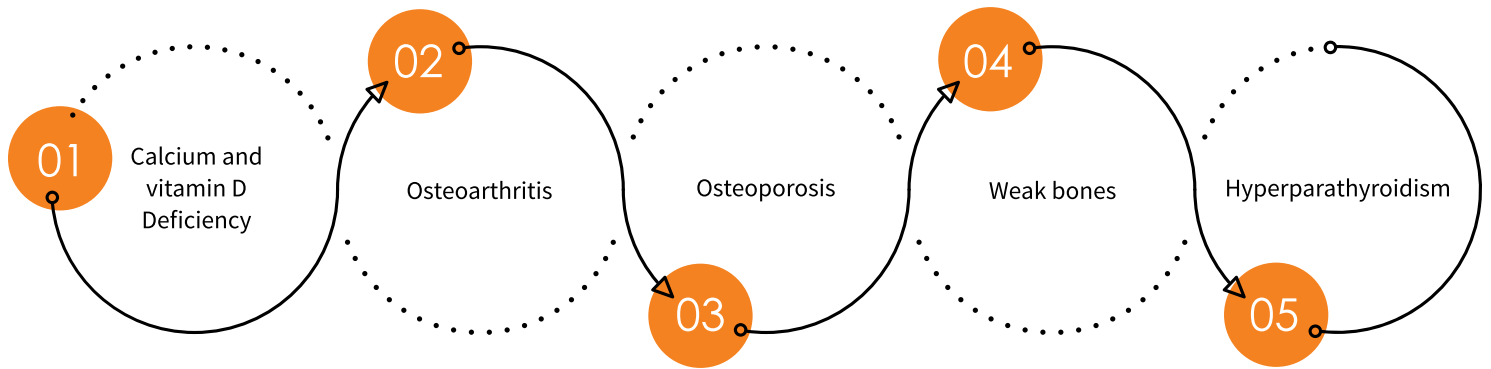
# Lithohenz

Calcium Carbonate (Lithothamnion Aquamin) and Vitamin D3 Tablets

## DESCRIPTION:

**Lithohenz** is a film coated tablet consisting of Calcium Carbonate (Lithothamnion-Aquamin) Eq. to Elemental calcium 250mg and Vegan Vitamin D3 400IU

## INDICATION:



## BENEFITS OF LITHOHENZ:

- Is a natural multi-mineral ingredient
- Includes vegan Vitamin D3
- Unique porous 'honeycomb-like' structure for better absorption
- Comes from a sustainable source
- Improves bone and joint health
- Possess anti-inflammatory & anti-osteoarthritic action
- Delivers clinically proven health benefits

## RECOMMENDED DOSAGE:

Once or twice a day or as suggested by Healthcare Professional.



## La Renon Healthcare Private Limited

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