

## Calcium Absorbability Test (CAT)

### Directions:

- Place a small amount of calcium either powder/pill/capsule into a 4 ounce cup of warm water.
- Stir the water occasionally for 30 minutes.
- If the calcium is not fully dissolved; it has failed the test.

**Beware, it will not perform any better in your stomach.**

When you do find a calcium supplement that proves satisfactory, in keeping with the above **Calcium Absorbability Test**, take 500 mg or less at a time.

*(This will help ensure a more complete digestibility of that 500 mg amount)*

***Remember that elemental calcium is best absorbed when taking no more than 500 mg portions at one time.***

***Also, when taking your daily calcium, please begin with a lower dose, to start. Then, gradually increase your daily dose to the proper dose levels for your specific needs, per day.***

### Note:

***A healthy level of digestive acids are needed to optimize calcium utilization.***

***If you have any questions about calcium intake or this test, call our HealthQuest Radio Hotline at 800-794-1855.***

We have a full line of high-quality calcium and bone-building supplements to meet your needs.