



Mobility Plus



Overview:

Mobility Plus is a comprehensive dietary supplement, designed to support joint health, enhance bone strength and overall mobility. It combines essential nutrients, including calcium carbonate, vitamin D3, magnesium, zinc, copper, manganese, selenium, boron, flax seeds, and hyaluronic acid, in a synergistic blend that promotes musculo-skeletal health. This supplement is particularly beneficial for individuals who are at risk of bone density loss, joint discomfort, or other related conditions.

1. Calcium Carbonate:

Function: Calcium carbonate is a primary source of calcium, a mineral essential for maintaining bone strength and structure.

Benefits:

- **Supports bone density:** Maintains adequate calcium levels in the bones to help prevent osteoporosis.
- **Promotes muscle function:** ensures proper muscle contraction and prevents cramps.
- It promotes cardiovascular health by supporting heart muscle function and ensuring a steady heartbeat.





2. Vitamin D3:

Function: Vitamin D3 enhances calcium absorption in the gut and maintains adequate serum calcium and phosphate concentrations, enabling normal bone mineralisation.

Benefits:

- Improves calcium absorption: Ensures the efficient use of calcium in the body, promoting stronger bones.
- Supports immune function: Supports immune cell function, enhancing the body's defence against pathogens.
- Reduces inflammation: Helps in reducing inflammation, which can benefit those with joint pain.

3. Magnesium:

Function: Magnesium plays a crucial role in over 300 enzymatic reactions in the body, including those involved in bone health.

Benefits:

- It supports bone structure by working with calcium to build and maintain strong bones.
- It promotes muscle relaxation, aids in preventing muscle spasms and cramps, and contributes to joint comfort.
- Enhancing energy production is essential for converting food into energy, which in turn supports overall mobility.

4. Zinc:

Function: Zinc is essential for cell division, protein synthesis, and immune function, all of which contribute to maintaining healthy bones and joints.

Benefits:

- Aids in collagen synthesis: It supports the formation of collagen, a key component of joint cartilage and bone structure.
- Enhances wound healing: Promotes repair of tissue damage, which is crucial for joint and bone health.
- Supports immune health: strengthens the immune system, helping to prevent infections that can affect joint health.

5. Copper:

Function: Copper plays a critical role in collagen formation and the maintenance of bone and connective tissue integrity.

Benefits:

- Promotes bone health: Aids in the formation of solid bones by facilitating the cross-linking of collagen and elastin.
- It supports joint flexibility and contributes to the maintenance of joint tissue elasticity.
- Enhances antioxidant defence: Helps protect joint tissues from oxidative damage.

6. Manganese:

Function: Manganese is involved in bone formation, collagen production, and the regulation of blood sugar levels.

Benefits:

- It supports bone development, which is essential for healthy bone cartilage formation.
- It promotes joint lubrication by contributing to the production of synovial fluid, which lubricates joints.
- Aids in metabolism: It facilitates the metabolism of carbohydrates and fats, thereby supporting





overall energy levels.

7. Selenium:

Function: As a potent antioxidant, selenium helps shield cells from damage from free radicals.

Benefits:

- It protects bone cells by preventing oxidative stress, which can weaken bones.
- Supports thyroid function: Ensures proper metabolism, indirectly supporting bone health.
- Reduces inflammation: helps manage inflammatory conditions that can affect joint and bone health.

8. Boron:

Function: Boron plays a role in the metabolism of minerals that are involved in bone development, such as calcium, magnesium, and phosphorus.

Benefits:

- Enhancing bone strength promotes bone mineral density, thereby reducing the risk of osteoporosis.
- Supports joint health: Supports cartilage repair, which helps to maintain healthy joints.
- Enhances cognitive function: It may aid in preserving cognitive function as a component of overall well-being.

9. Flax Seeds:

Function: Flax seeds are rich in omega-3 fatty acids, which have anti-inflammatory properties.

Benefits:

- Reduces joint inflammation: Omega-3s help reduce inflammation, providing relief from joint pain and stiffness.
- Supports cardiovascular health: contributes to overall cardiovascular health, which can indirectly benefit joint mobility.
- Promotes skin health: Omega-3s also support skin elasticity, which can contribute to the health of connective tissues.

10. Hyaluronic Acid:

Function: The body naturally produces hyaluronic acid, which aids in skin moisture retention and joint lubrication.

Benefits:

- Lubricates joints: Provides cushioning and reduces friction between joint tissues.
- Promotes skin hydration: Ensures adequate moisture retention in the skin, supporting overall tissue health.
- Supports wound healing: Facilitates tissue repair and regeneration, particularly in joint areas.

Precautions:

It is advised to consult with a healthcare provider before taking any new supplement.

References:

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