

Combinatory Nutrition Supplementation: A Case of Synergy for Increasing Calcium Bioavailability

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Abstract : This paper presents an overview of how calcium interacts with the various essential nutrients within an environment of cellular and hormonal interactions for the purpose of increasing bioavailability to the human body. One example of such interactions can be illustrated with calcium homeostasis. This paper gives an in-depth discussion on the possible interactive permutations with various nutrients and factors leading to the promotion of calcium bioavailability to the body. The review hopes to provide further insights into how calcium supplement formulations can be improved to better influence its bioavailability in the human body.

Keywords : bioavailability, environment of cellular and hormonal interactions, nutritional combinations, synergistic

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