CALCIUM

Dr. Christopher's Herbal Source of Assimilable Calcium and Minerals

Calcium does far more in the body than build bone: it's needed for nerve sheath, vein and artery walls, and teeth. But most mineral calcium on the shelf is inorganic - the kind that can be swallowed but not truly assimilated, leaving unabsorbed minerals for the body to deal with.

Calcium draws its minerals from Horsetail Grass, Comfrey Root, Oat Straw, and Lobelia - herbs that have already turned soil minerals into a plant-based form the body can put to use.

Horsetail Grass is the lead herb here: its silica converts to calcium in the body, working alongside the calcium, phosphorus, and potassium already present in the other three herbs.

This Herbal Combination:

- TRADITIONALLY used as a plant-source calcium and mineral formula
- SUPPORTS bone, teeth, and nerve-sheath, vein, and artery-wall health
- PROVIDES calcium in an assimilable, plant-based form the body can actually use
- GENTLE enough for daily use, any age
- 100% organic, herbal, sugar-free and chemical-free

BOTANICAL INGREDIENTS: Horsetail Grass, Comfrey Root, Oat Straw, Lobelia



Horsetail Grass

The lead herb in the blend, rich in silica, which the body converts to usable calcium; also carries manganese, zinc, iron, magnesium, and phosphorus.



Comfrey Root

Contributes calcium, phosphorus, potassium, iron, and allantoin, the compound long credited with speeding tissue repair. See the note below.



Oat Straw

A traditional nervine and nutritive herb, adding its own calcium, phosphorus, potassium, and magnesium to the blend.



Lobelia

Rounds out the formula in a small, traditional amount, the same supporting role it plays in Bronchial Support. See the note below.

HOW IT WORKS

The silica in Horsetail Grass converts to calcium in the body, working alongside the calcium already present in Comfrey Root, Oat Straw, and Lobelia. Because the calcium here has already been processed through plant life, there's little of the unabsorbed mineral residue that inorganic supplements can leave behind for the kidneys to manage. Calcium is a food-type formula in HEAL's dosing framework - gentle enough for daily use rather than a targeted, short-term remedy.

Dosage

1 teaspoon, 3 times a day. As a food-type formula, Calcium can be used freely.

Tip: Dara takes hers alongside her daily Superfood.

Note: Comfrey Root is a traditional botanical; some modern regulatory guidance advises against prolonged internal use due to its natural alkaloid content - this formula uses it in traditional proportions, within the same long herbal tradition of plant-based mineral support. Lobelia's dose here is small and traditional; as with any Lobelia-containing formula, it's not recommended alongside heart medications without a practitioner's input, and is best avoided in pregnancy. This is for traditional nutritional support, not a substitute for medical care.

For more on this formula, see my blog post “Calcium You Can Actually Absorb” at www.daradietz.me.