

# NEWS RELEASE

## Consumer Health Products Canada comments on calcium study published in the British Medical Journal

### FOR IMMEDIATE RELEASE

**Ottawa, Ontario, February 13, 2013** - Consumer Health Products Canada (CHP Canada), the leading Canadian trade association representing makers of over the counter (OTC) and natural health products (NHPs), responded today to a calcium study published last night in the British Medical Journal, titled *“Long term calcium intake and rates of all cause and cardiovascular mortality: community based prospective longitudinal cohort study.”*

“Calcium is an essential nutrient for bone health, especially in women at risk for osteoporosis,” said CHP Canada Spokesperson Adam Kingsley, “the study published yesterday doesn’t change that fact, and cardiovascular safety concerns must be tempered by recognizing the limitations of this study’s methodology.”

CHP Canada went on to state that when the study was originally designed over 25 years ago, it was not intended to address the question of whether or not calcium at high levels can have an impact on heart health or mortality. In fact the study did not adequately control for important variables such as the use of hormone replacement therapies which have been associated with cardiovascular disease.

“Given that science is always evolving, CHP Canada encourages Canadians who are unsure about their use of calcium supplements to talk to their doctor or pharmacist about whether the proven health benefits are outweighed by any potential risks,” stated Mr. Kingsley.

### **About CHP Canada**

[CHP Canada](#) is a 115 year-old trade association representing the consumer health products industry, including the manufacturers of natural health products and over-the-counter remedies.

### **For further information or to schedule an interview, please contact:**

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