

23 January 2016

To whom it may concern.

My name is Elizabeth Campbell

I have noted the recent report on the ineffectiveness of traditional calcium in preventing osteoporosis.

I started hormone therapy in 2000 at the age of 60 and have continued until the present time. In spite of this the bone density scans that I had in 2003, 2008 and 2012 showed that my bone density has decreased each year. In May of 2014 I began taking (United) Calcium Fish Bone (MCHC) Powder. The scan that I had in October 2015 showed a reversal of this trend and an increase in bone density.

Given that nothing else has changed in my diet, exercise regime or hormone treatment over the past 2 years, I feel that I can attribute these results to the fish bone calcium that I take and believe that the calcium found in fish bone powder is an effective source of calcium and can offer help to people suffering from decreasing bone density and the problems that that can cause.

Yours sincerely,

E J Campbell.

Menopause and Natural Fertility

11 December 2015

I am in receipt of the copy of your sequential bone mineral density.

I note that you commenced hormone therapy in the year 2000 using oestrogen and a synthetic progestogen at that stage. Despite hormone therapy use your bone density in your lumbar vertebrae and spine decreased by small amounts each year. Despite the decrease your bone density has remained within the normal range. I note however that your bone density in October this year has shown a slight increase in bone density which may be attributable to your intake of a particular form of calcium supplement. It is unlikely that we can attribute this to hormone therapy which you have been taking for the last fifteen years.

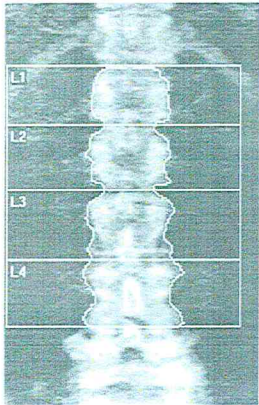
With best wishes.

Yours sincerely

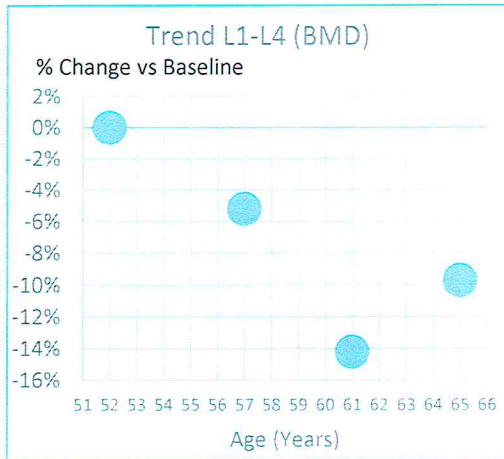
General Practitioner with Special Interest in Menopausal Medicine

CASHMERE RADIOLOGY BONE DENSITY SERVICE

PRINCESS MARGARET HOSPITAL, CASHMERE ROAD, CHRISTCHURCH

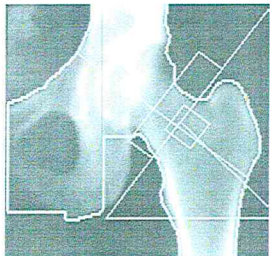


(Image not for diagnosis)

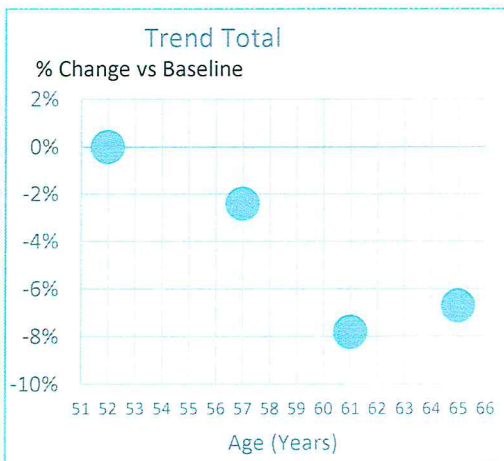


Trend L1-L4				
Measured Date	Age (Years)	BMD (g/cm ²)	Change vs	
			Previous (g/cm ²)	Previous (%)
22/10/2015	65.0	1.019	0.044 *	4.5 *
22/03/2012	61.4	0.975	-9.097 *	-9.0 *
7/02/2008	57.3	1.072	-0.058 *	-5.2 *
25/03/2003	52.4	1.131		

Statistically 68% of repeat scans fall within 1SD (± 0.010 g/cm² for AP Spine L1-L4)



(Image not for diagnosis)

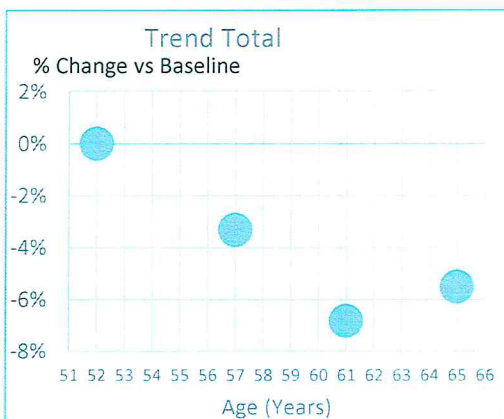


Trend Total				
Measured Date	Age (Years)	BMD (g/cm ²)	Change vs	
			Previous (g/cm ²)	Previous (%)
22/10/2015	65.0	0.825	0.009	1.1
22/03/2012	61.4	0.816	-0.047 *	-5.4 *
7/02/2008	57.3	0.863	-0.021	-2.4
25/03/2003	52.4	0.884		

Statistically 68% of repeat scans fall within 1SD (± 0.012 g/cm² for Left Femur Total)



(Image not for diagnosis)



Trend Total				
Measured Date	Age (Years)	BMD (g/cm ²)	Change vs	
			Previous (g/cm ²)	Previous (%)
22/10/2015	65.0	0.886	0.011	1.3
22/03/2012	61.4	0.875	-0.032	-3.5
7/02/2008	57.3	0.907	-0.031	-3.3
25/03/2003	52.4	0.938		

Statistically 68% of repeat scans fall within 1SD (± 0.012 g/cm² for Right Femur Total)

* Indicates significant change based on 95% confidence interval