Effect of calcium derived from *Lithothamnion* sp on markers of calcium metabolism in premenopausal women.
Zenk, JL, Frestedt JL, and Kuskowski MA
Journal of Medicinal Food, 2017

This double-blind, randomised, cross-over trial investigated if the plant-derived calcium in Aquamin was more bioavailable than the non-plant-derived calcium from calcium carbonate or placebo.

12 fasting female subjects received a single, oral dose of Aquamin (720mg Ca), Calcium carbonate (720mg) or placebo. Blood and urine samples were collected at baseline and over 12 hours to evaluate ionised and total calcium and parathyroid hormone (PTH) levels.

**Results**
Subjects treated with Aquamin F demonstrated significantly greater urinary clearance of calcium after 12h compared with placebo.
Subjects treated with Aquamin F demonstrated a prolonged suppression of serum PTH concentration (significantly lower than placebo at 90, 120 and 240 minutes). Calcium carbonate showed an intermediate response. Urinary clearance was not significantly different from placebo treatment and PTH was only significantly lower than placebo at 90 minutes.

Therefore, Aquamin F demonstrates greater influence over these markers of calcium metabolism than calcium carbonate or placebo following a meal in premenopausal women.