

Evidence that Ionized Alkaline Water make Calcium more bioavailable (absorbable) to your body

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Chen H, Kimura M, Zhu Z, Itokawa Y, Evaluation on ionized calcium as a nutrient. The 11th symposium on Trace Nutrients Research, Japan Trace

Summary: To clarify effect of ionized calcium water for drinking water in rats, 36 Male Wister rats weighing about 50g were randomly divided into 6 groups, and given following diet and drinking water : (1) Ca-sufficient diet, tap-water; (2) Ca-sufficient diet, tap-water;(3) Ca-sufficient diet, calcium lactate added-ionized calcium-water : (4) Ca-deficient diet, calcium lactate added-water ; (5) Ca deficient diet, calcium lactate added-water :(6) Ca-deficient diet, calcium lactate added ionized calcium-water. The diets were given by paired-feeding method 4 weeks and drinking water was ad libitum. The significant change of calcium concentration in the rats were as follows; Ca concentration of plasma, spleen, of plasma, spleen, kidney, testis and tibia in Ca deficient groups (4), (5), (6) were significantly low compared with these in Ca sufficient groups (1),(2),(3) Ca concentration in brain of groups (4),(5),(6) was low compared to these in groups (2), Ca concentration in heart and muscle of group (4) was low compared to Ca deficient groups (1),(2),(3), but these in group (5) drank Ca added-water was recovered and these in group (6) drank ionized-Ca-water was higher than these in any other groups. Ca concentration of liver in groups (4) were significantly lower than that in group (1),(3) and Ca concentration of liver in Ca deficient rats (groups (5),(6)) drank Ca-added-water were high compared to these in group (4). In 24 hours urine discharge of group (2) was high compared with groups (4), (5), (6). These results suggest that ionized Ca in drinking water may be active for intestinal absorption.