

# Calcium Pyruvate



Item # 72950  
90 Vegetarian Capsules

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## The Possible Benefits of Calcium Pyruvate, a Food Supplement

- Supports cellular energy, glycogen storage and protein uptake
- May help the body spare lean body mass, and support fat utilisation and exercise endurance
- Scavenges free radicals and supports healthy intracellular glutathione levels

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## Description

Calcium pyruvate is a natural by-product of metabolism in the cells of the body, and also occurs in fruits, vegetables and other foods. In the human body pyruvate is generated when food-derived glucose, a six-carbon molecule, splits and yields two three-carbon molecules of pyruvic acid (the anionic form of pyruvic acid is pyruvate). Pyruvate is a key intermediate in biological energy production pathways, undergoing conversion to acetyl coenzyme A, which is converted to ATP via the Krebs cycle, or to lactate. In this role, pyruvate may enhance aerobic endurance, and help preserve extra stores of skeletal glycogen.

Besides this ergogenic function, research suggests pyruvate may have bariatric applications. It appears to support healthy levels of fat by enhancing fat oxidation and

utilisation. Some animal studies suggest pyruvate supports normal insulin activity. Pyruvate also contributes to antioxidant function in two ways, directly as a free-radical scavenger, and by supporting intracellular reduced glutathione.

Since pyruvate is a normal constituent of human metabolism, it is not surprising that supplemental pyruvate is generally extremely well tolerated. Even when given in high doses, no changes were seen in standard laboratory tests or in clinical evaluations.

In summary, pyruvate is involved in ATP production, increased protein uptake, increased glycogen storage, cellular respiration, sparing lean body mass, fat utilization, exercise endurance, and antioxidant activity.

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**Serving Size:** 2 Capsules

**Servings Per Container:** 45

**Amount Per Serving:**

Calcium (as Calcium Pyruvate)  
Pyruvate

220 mg  
1060 mg

Other ingredients: Hydroxypropyl methylcellulose, cellulose, L-leucine.

**Suggested Use:** As a food supplement, 1 or 2 tablets one to three times daily, or as directed by a healthcare practitioner.

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## References

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