

ABSTRACT**A COMPOSITION SUITABLE FOR VEGETARIANS PROVIDING CALCIUM
SUPPLEMENTATION AS WELL AS GOUT PREVENTION AND
TREATMENT AND THE METHOD OF PREPARATION THEREOF**

5 A composition and its method of preparation that is suitable for vegetarians, providing
calcium supplementation as well as gout prevention and treatment. The composition
offers functionalities such as calcium replenishment, bones strengthening, and
osteoarthritis relief and treatment. It is effective in preventing and treating
osteoarthritis in various body parts such as the knee, hip, wrist, spine, hand, shoulder,
10 and ankle. The composition is safe and highly effective in replenishing calcium.
Besides, it replenishes calcium, prevents calcium deficiency, and treats calcium
deficiency diseases. The composition can be fabricated into tablets, plant-based
capsules, dispersible tablets, chewable tablets, effervescent tablets, buccal lozenges, or
other oral dosage forms. The composition comprises a mixture of calcium L-aspartate,
15 soybean extract, methyl-sulfonyl-methane (MSM), lecithin, and any one or a
combination of *Sambucus williamsii* Hance and *Drynaria fortunei* (Kunze) J. Sm. The
composition may further comprise *Morinda officinalis* extract, *Epimedium*
grandiflorum extract, and turmeric root extract. The mixture is sieved and formulated
into a dosage form with 0.10g to 1.50g of the mixture per plant-based capsule. As
20 compared to the prior art, the present invention offers advantages such as simple
processing method, explicit functional components, and minimal side effects. The
composition helps in preventing gout and relieving knee joint pain.

(No illustration for abstract)