



CHEWABLE CALCIUM

- **A dietary supplement to support bone function.***
- **Chewable Calcium** is a delicious vanilla malt flavor chewable tablet.
- **Chewable Calcium** is a multi source calcium supplement that provides 500 mg of calcium along with 150 IU's of Vitamin D3 in each tablet.
- **Why take calcium:**
 - Most abundant mineral in the body
 - Makes up 2% of body weight
 - 80% of all American women are deficient*
 - It's involved in the transmission of nerve impulses, muscle contractions (including the heart muscle), blood clotting, cholesterol management, proper sleep and for maintaining strong bones and teeth.*
- **About Vitamin D3:**
 - Promotes bone health and calcium balance.*
 - A deficiency can inhibit the body's ability to absorb calcium and magnesium*
- **Factors that lead to calcium deficiency:**
 - Poor eating habits*
 - Lack of exercise*
 - Large intake of dietary fats*
 - Phytic acid (found in wheat bran)*
 - Excessive intake of phosphorus from soft drinks and junk food*
 - Emotional and physical stress*
- **Signs of calcium deficiency include:**
 - Irritability*
 - Nervousness*
 - Muscle cramping*
 - Fatigue*
 - Insomnia*
 - Twitching and jerking of the major or minor muscles*
 - Low bone density*

- **Recommended daily allowance:**
 - The RDA for calcium for adults is from 800 to 1,200 mg.
 - Most nutritionists recommend 1,000 to 1,500 mg daily for women, long before the start of menopause to prevent calcium deficiency.*
- **Chewable Calcium** is a tasty and convenient way to increase your calcium intake and help keep your bones strong.*

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving

| | |
|---|--------|
| Calories | 15 |
| Total Carbohydrates | 1 g |
| Sugars | 1 g |
| Vitamin D3 (as Cholecalciferol) | 150 IU |
| Calcium (as Ca Carbonate, Ca Citrate, Ca Lactate & Ca Gluconate) | 500 mg |

Other ingredients: sucrose, dextrose, non-fat dry milk, microcrystalline cellulose, spray-dried sweet whey powder, vegetable stearic acid, cellulose gum, vanilla flavor, vegetable stearate, silica, vanillin.

- **Contains: Milk.**

Warning: If you are pregnant or nursing, consult your healthcare practitioner before taking this or any nutritional product.

Suggested Use: As a dietary supplement, take 1 tablet twice daily with meals, or before bed time.

0600215.060 (60 Chewable Tablets)

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat cure or prevent any disease

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