Calcium Citrate 180 capsules
70230

Buy

Calcium is an important macromineral for all the organs. Supplementation of the diet with calcium is an important factor for maintaining bone density. Calcium is removed from bone to replenish bodily stores that can become deficient during times of stress and when calcium is not supplied from food sources in sufficient amounts. Calcium in the citrate form is shown to be better absorbed in individuals with hypochlorhydria. Every batch is tested to ensure the absence of heavy metals and other contaminants.*

Each capsule contains:
Calcium (as Calcium Citrate) 150 mg
Other ingredients:
Magnesium stearate.

Suggested use:
As a dietary supplement, 1 to 3 capsules daily between meals, or as directed by a healthcare practitioner. Calcium is better absorbed when taken in repeated doses throughout the day. When taking calcium supplements, consideration should be given to supplementing also with magnesium.

Contraindicated with use of aluminum containing drugs.