

Calcium

(with Magnesium, Phosphorus & Vitamin D)

Supports and maintains optimum bone health and may reduce the risk of osteoporosis†

Product Numbers: 07810

Product Quantities: 180 Tablets

It's important to take the right balance of calcium and phosphorus, so your body absorbs the nutrients properly. Based on a bone mineral content study, calcium with phosphorus is five times better utilized by the body than calcium carbonate.† Enzymatic Therapy's **Calcium** gives you more calcium and vitamin D than drinking 3 glasses of whole milk, without the fat and calories.† It's the easy way to keep your bones healthy and strong.†

Enzymatic Therapy's Calcium may reduce the risk of osteoporosis. Osteoporosis affects middle-aged and older persons. A lifetime of regular exercise and a healthy diet that includes calcium builds and maintains good bone health and may reduce the risk of osteoporosis later in life. Daily intakes above 2,000 mg are not likely to provide any additional benefit to bone health.

Product Nutrient Categories: **Mineral** **Vitamin**

Recommendations: One tablet with meals three times daily.

Serving Size: 1 Tablet	**Amount/Serving**	**%DV**
Vitamin D (as cholecalciferol)	133 IU	33 %
Calcium (from tricalcium phosphate and calcium citrate)	333 mg	33 %
Phosphorus (from tricalcium phosphate)	150 mg	15 %
Magnesium (as magnesium oxide and magnesium aspartate)	133 mg	33 %
Sodium	5 mg	<1 %

Other Ingredients: cellulose, modified cellulose gum, modified cellulose, magnesium stearate, lecithin, and carnauba wax.

Contains No: sugar, yeast, wheat, gluten, corn, dairy products, artificial coloring, artificial flavoring and preservatives. This product contains natural ingredients; color variations are normal.

† **This statement has 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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Check out the Medical Abstracts section to learn more of the science behind supplements.

To learn more, visit: www.askthedoctoronline.org

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