



Calcium-D Chelate



Calcium and D: The 1-2 Punch

Which is more important: Calcium or Vitamin D? If you chose one of the two you're wrong. These two nutrients are so linked in your body's metabolism that either one is more useful if you have the other. They are co-dependent: your body needs both. It needs them in forms that are readily assimilated, and in proportions that complement each other.

- **Calcium** is the most abundant mineral in the body and is reported to be deficient in the diet.
- **A Chelate (or amino acid complex)** is approximately 2.5 times more available to the body than a salt, such as Calcium Carbonate.
- **Vitamin D** is also deficient in our diet, particularly in the northern latitudes or if sunscreen is used.

The Daily Need for Vitamin D Increases:

- In the northern latitudes from fall to spring
- If sunscreen is used to prevent sun exposure
- Aging skin

Supplement Facts

Serving Size: 1 Capsule

Servings per Container: 150

Vitamin D3	400 IU
Calcium	175 mg
(Amino acid complex)	

Other Ingredients: Microcrystalline cellulose, magnesium stearate, gelatin (capsule).

Suggested Use

One capsule daily or as directed by a qualified health professional.

Adults: The daily recommendation for Calcium is 800 mg.

Pregnant, Lactating, or Postmenopausal Women: 1,200 mg (Not taking estrogen)

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