



# Nutri-Flow

## Indicated for Bone and Skin Health

**This innovative combination of Calcium, Magnesium, Potassium and Vitamin E helps quiet muscle cramps while supporting all of the body's systems.**

### Suggested Use

Take 2 capsules morning and evening or as directed by a qualified health professional.

**Quantity:** 100 Capsules.

### Other Ingredients

Vitamin E and Gelatin Capsule.

## This Formula Includes:

### **Calcium** (*calx*) **250 mg**

Helps regulate blood pressure and supports kidney health. Calcium is one of the most important nutrients required for bone health. Bone is living tissue that is always in flux. Throughout the lifespan, bones are constantly being broken down and built up in a process known as remodeling.



### **Magnesium** (*magnēsium*) **100 mg**

Boosts anti-inflammatory properties, promote heart health, may combat depression and support healthy blood sugar levels. Pumpkin seeds have the highest source of magnesium, but most nuts/seeds contain magnesium.

### **Potassium** (*Kalium*) **90 mg**

When most people think of potassium rich foods they think of bananas, but potassium is found in so many foods! The highest concentrated source is found in bok choy. Other potassium rich foods include: potatoes, white beans, beets, brussel sprouts, broccoli, cantaloupe and banana.



*The ingredients in this product are supplied by the well-respected USA and/or European vendors, and they are HPLA analyzed for purity and quality. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.*