

# CALCIUM SUPPLEMENT

## Nutritional information, average serving:

Three tablets provide::		%RDA*
Calcium	1000.00 mg	125%
Vitamin D	2.25 µg	45%
Magnesium	120.00 mg	32%
Manganese	1.00 mg	50%
Zinc	7.50 mg	75%
Copper	1.00 mg	100%

In a base of Kelp, Spirulina, Licorice Root and Sarsaparilla.

\* RDA = Recommended Daily Allowance (E.U. RDA)

Energy, protein, carbohydrate and fat are negligible.

### Ingredients:

Calcium carbonate, bulking agents (microcrystalline cellulose, croscarmellose sodium), calcium citrate, magnesium oxide, anti-caking agents (fatty acids, silicon dioxide, calcium salts of fatty acids), maltodextrin, corn starch, coating (hydroxypropyl methylcellulose, glycerol), colouring (titanium dioxide), zinc sulphate, copper gluconate, manganese sulphate, cholecalciferol. May contain soy.

For up-to-date ingredient list & nutritional values please refer to the label on the product.

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## Targeted Nutrition

Xtra-Cal is a calcium supplement with added vitamin D3 and magnesium to support strong bones and teeth.

### KEY BENEFITS

- A calcium supplement to help maintain healthy bones and teeth
- Xtra-Cal includes vitamin D3 and the mineral magnesium to assist calcium absorption and utilisation

### WHY DO YOU NEED IT?

Calcium is an essential mineral to help build strong bones and teeth. Governments recommend a daily intake of at least 800mg and when calcium is not obtained from other dietary sources, a supplement may be ideal.

Supplementation is particularly useful for those who avoid dairy products, such as vegans or those with lactose intolerance. As you age, you continue to need calcium for strong bones. A formula including vitamin D helps to regulate your levels of calcium especially as your rate of absorption will change with time.

### USAGE

Take one tablet three times daily, preferably with meals.



### ALSO TRY

Herbalifeline®, which contains both sources of Omega-3 fatty acids (EPA and DHA) to help support a healthy heart.

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