

Calcium Blend Ingredients Panel

		AMOUNT PER SERVING			
		1 Tab	% DV	3 Tabs	% DV
VITAMIN C (<i>Ascorbic Acid</i>)	MG	333	555 %	1000	1667 %
VITAMIN D (<i>Vitamin D3</i>)	IU	333	83 %	1000	250 %
VITAMIN E (<i>Natural Vitamin E Succinate</i>)	IU	90	300 %	270	900 %
VITAMIN K (<i>Phytonadione</i>)	MCG	27	34 %	80	100 %
CALCIUM (<i>Carbonate & Citrate</i>)	MG	417	42 %	1250	125 %
IODINE (<i>From Kelp</i>)	MCG	75	50 %	225	150 %
IRON (<i>Carbonyl-Precoated*</i>)	MG	13	72 %	40	220 %
MAGNESIUM (<i>Oxide & Glycinate</i>)	MG	233	58 %	700	175 %
ZINC (<i>Oxide & Citrate</i>)	MG	13	87 %	40	267 %
SELENIUM (<i>Selenite</i>)	MCG	83	119 %	250	357 %
COPPER (<i>Glycinate</i>)	MG	.6	30 %	2	100 %
MANGANESE (<i>Sulfate & Citrate</i>)	MG	3	166 %	10	500 %
CHROMIUM (<i>Complexed**</i>)	MCG	100	150 %	300	250 %
MOLYBDENUM (<i>Trioxide</i>)	MCG	50	67 %	150	200 %
POTASSIUM (<i>Chloride & Succinate</i>)	MG	33	1 %	99	3 %

*Iron pre-coated to prevent interaction with Vitamin E & other nutrients.
**Chromium complexed as Chromium polynicotinate (Nichrome) and Chromium picolinate (Chromax II).

Other Ingredients		AMOUNT PER SERVING		
No nutritional claims made for these ingredients.		1 Tab	3 Tabs	
BETAINE (<i>HCl</i>)	MG	33	100	
BORON (<i>From Krebs Cycle Boron</i>)	MG	1	3	
BIOFLAVONOIDS	MG	100	300	
FATTY ACID (<i>Stearic Acid</i>)	MG	40	120	
FIBER (<i>Cellulose & Microcellulose</i>)	MG	113	340	
GLUTAMIC ACID (<i>HCl Form</i>)	MG	33	100	
ROSEHIPS	MG	23	70	
SILICA (<i>Silicon Dioxide</i>)	MG	75	225	
SEA TRACE MINERALS (<i>From Kelp</i>)	TRACES OF ALL			
VANADIUM (<i>From Kelp</i>)	MCG	.3	1	

Note: Plant cellulose tablet coating contains citrus and vanilla flavoring.

HIGH ORAC FRUIT & BERRY BLEND 150 MG
Blueberry, pomegranate, blackberry, raspberry, strawberry and cherry.
ORGANIC GREENFOOD BLEND 150 MG
Alfalfa, spirulina and kale.

The above statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

References

- <http://ods.od.nih.gov/factsheets/calcium.asp>
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Email questions to:

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Introducing **SuperNutrition's Calcium Blend**

**World's Best
 Bone-Building Formula**

**In Only
 Three
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**Full Potencies of
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Including

1,250 mg of Calcium
700 mg of Magnesium
1,000 IU of Vitamin D3

SuperNutrition's Calcium Blend is the **strongest, most comprehensive bone-building formula on the market**, providing full **anti-aging potencies of ten** of the most effective **natural bone-building nutrients in just three tablets per day**.

No other formula comes close to giving you as many natural bone-building nutrients in full research-level potencies.

Compare **Calcium Blend's** potencies with the formula you're taking and see.

Note: Small superscript numbers refer to the scientific studies supporting these statements, which are listed on the last page under "References."

1. **Calcium** – 1,250 mg.

The North American Menopause Society recommends 1,200 mg of calcium per day for women 50 years of age or more, and 1,000 mg for women up to 50.¹

A two-year placebo-controlled study of post-menopausal women showed **3% re-growth of bone density** when they took 1,000 mg of calcium carbonate.²

A placebo-controlled study showed that pregnant women who took 1,200 mg of calcium carbonate or more **had babies with 15% better total body bone mineral content**.³

*Health Tip: Taking calcium in the middle or at the end of a meal can improve absorption as much as 30%.*⁴

2. **Magnesium** – 700 mg.

Doses from 250 mg to 750 mg per day **have been shown to improve bone density** in postmenopausal women.⁵

3. **Vitamin D₃** – 1,000 IU.

1,000 IU, combined with calcium, **reduced the risk of spinal fracture 26%**.⁶

Optimal vitamin D status can improve calcium absorption as much as 65%.⁷

Vitamin D improves muscle function and strength. **That's why 800 IU reduced the risk of falls that cause fractures for seniors by 72%**.⁸

Health Tip: Get an "OH-vitamin D" blood test two months after starting a dose, to make sure that dose is giving you an optimal OH-vitamin D blood level, which is between 40 to 60 ng/mL.

4. **Vitamin C** – 1,000 mg. In a 3-year study, postmenopausal women who took 1,000 mg/day had **5% greater spinal bone density than women who took 500 mg**.⁹

Vitamin C stimulates the production of bone collagen,¹⁰ which gives bone its flexibility and ability to absorb impact.

That's one reason that **higher supplemental vitamin C intake has been shown to reduce the rate of bone fractures in seniors**.¹¹

5. **Zinc** – 40 mg. Zinc (15 mg) with calcium, manganese (5 mg) and copper (2.5 mg) **increased bone density 5% better than placebo** for postmenopausal women.¹²

6. **Boron** – 3 mg. 3 mg per day **improved calcium and magnesium retention in the body** and improved blood levels of bone-building hormones.¹³

7. **Manganese** - 10 mg. Zinc with calcium (1,000 mg), manganese (5 mg) & copper **increased bone density 5% better than placebo** for postmenopausal women.¹²

8. **Iron** - 40 mg. **Supplementation with more than 20 mg per day when combined with 800 to 1200 mg of calcium was associated with greater bone density in all five types of bone** in postmenopausal women.¹⁴

9. **Vitamin K₁** – 80 mcg. Combined with vitamin D3, 80 mcg per day **reduced the potential for bone loss and fractures**.¹⁵

10. **Copper** – 2 mg. Copper with calcium, manganese and zinc **increased bone density 5% better than placebo** for postmenopausal women.¹²

EASY-DIGESTING

Calcium Blend's high-fiber tablets dissolve in water in 25 to 45 minutes, and digest well even if you have poor stomach acid production and poor digestion.

Add **Calcium Blend** to any multivitamin for added optimal support for healthy bone density, improved bone flexibility and reduced risk of fractures.

Calcium Blend also is available in an easy-swallow version of six half-sized tablets per day and iron-free versions of both **Calcium Blend** and **Easy-Swallow Calcium Blend**.

