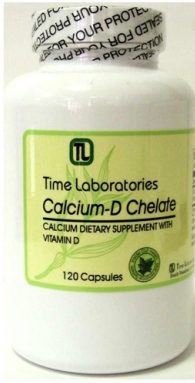


# Calcium D Chelate



*Each capsule contains*

- 400 IU Vitamin D3
- 175 mg calcium as a chelate

*Calcium and D: The one-two 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.

For adults, the daily recommendation for Calcium is 800 mg, except that it is 1,200 for pregnant and lactating women or postmenopausal women not taking estrogen.

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**Supplement Facts:** Serving Size: 1 Capsule, Servings per Container: 150

Each tablet contains 400 mg Vitamin D3 and 175 mg Calcium (amino acid complex).

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

**Suggested Use:** One tablet daily or as directed by a qualified health professional.

*All of the vitamins and herbs in this product are supplied by well respected USA and/or European vendors and all are analyzed for purity and quality.*

How Calcium D Chelate is Supplied:

VMCADC Bottles of 120 tablets

**Related Products:** Calcium Ascorbate Powder, Calcium 280 D, Nutri-Flow



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[www.nutritionpureandsimple.com](http://www.nutritionpureandsimple.com)

*These statements have not been evaluated by the Food and Drug Administration  
Products are not intended to diagnose, treat, cure, or prevent any disease*