



## Forever Calcium®

Calcium is the most common mineral found in your body, accounting for about 2% of your total weight. The majority of calcium, 99%, resides in your teeth and bones, while the remainder is found in nerve cells, blood, body tissues and other body fluids. Long associated with the growth and maintenance of bones and teeth, calcium is also essential for the clotting of blood and the transmission of nerve impulses. Calcium is needed for our muscles to function and to release hormones, including insulin. According to the USDA, 75 percent of Americans are not meeting daily calcium recommendations.

Calcium is the major mineral that helps strengthen bones. Children and teenagers especially need adequate calcium in their diets, as the pre-teen and teen years are when they maximize the calcium storage in their bones, thus helping to prevent problems later in life involving a reduction in the amount of bone mass. This is true because peak bone mass and calcium content of the skeleton is reached during the teen years. Teens, especially girls, are at greater risk for developing weakened bones and having disabling injuries later in life. Bone calcium begins to decrease in young adulthood, and progressive loss of bone calcium occurs as we age, particularly in women. Adequate dietary calcium can help minimize this loss. A diet high in calcium appears to encourage the body to burn more fat and cuts the amount of new fat laid down by the body.

Estimates show that roughly 30 to 50 million Americans are lactose intolerant. People who are lactose intolerant cannot digest lactose, a natural

sugar found in milk and dairy products, and therefore may not be consuming enough dairy products for their Calcium needs. For individuals who either cannot tolerate lactose or do not like dairy products, Calcium supplements may be an option. The most effective is Calcium Citrate, because it dissolves easily in the stomach and is absorbed efficiently.

Forever Calcium® is an ultra-dense Calcium Citrate formula that supplies your body with 100% of the daily-recommended dietary intake (RDI) of calcium. Blended with a hint of vanilla flavor, the daily serving of Forever Calcium contains 1000mg of calcium combined with vitamin D and magnesium - two elements that are essential for maximizing calcium absorption. Two Forever Calcium tablets with breakfast, and two with dinner is an easy, effective way to ensure you're getting the calcium you need for the promotion of good bone health.

### Supplement Facts

Serving Size 4 Tablets	
Servings per Container 22	
Amount Per Serving	% Daily Value
Calories 10	
Total Carbohydrate 2g	<1%*
Dietary Fiber 1g	4%
Vitamin D (as Cholecalciferol) 400 IU	100%*
Calcium (as Calcium Citrate) 1000 mg	100%*
Magnesium (as Magnesium Oxide) 400mg	100%
* Percent Daily Values are based on a 2,000 calorie diet	

### OTHER INGREDIENTS

Dicalcium Phosphate, Stearic Acid, Croscarmellose Sodium, Magnesium Stearate, Soy Extract, Citric Acid, Hydroxypropyl Methylcellulose, Natural Flavor.

**Contains Soy.**

**CONTENTS**  
90 tablets

**SUGGESTED USE**  
Three to four tablets a day with water.



- Calcium Citrate formula combined with Vitamin D and Magnesium
- Easy to digest and efficiently absorbed
- Daily serving provides body with 100% of RDI of calcium



PRODUCT #206