

Where Science and Nature Come Together.®

FOODSCIENCE®
of Vermont

Cocoa Cal Mag™

- **A calcium, magnesium, and D3 supplement to support bone function.***
- **Cocoa Cal Mag™** is a delicious natural cocoa and chocolate cream flavor chewable tablet.
- **Cocoa Cal Mag™** contains a 2 to 1 ratio of calcium to magnesium with 500 IU of vitamin D3 in each tablet.
- **Why take calcium:**
 - Most abundant mineral in the body
 - Makes up 2% of body weight
 - 80% of all American women are deficient
 - It's involved in the transmission of nerve impulses, muscle contractions (including the heart muscle), blood clotting, cholesterol management, proper sleep and for maintaining strong bones and teeth.
- **About Vitamin D3:**
 - Promotes bone health and calcium balance.
 - A deficiency can inhibit the body's ability to absorb calcium and magnesium
- **Factors that lead to calcium deficiency:**
 - Poor eating habits
 - Lack of exercise
 - Large intake of dietary fats
 - Phytic acid (found in wheat bran)
 - Excessive intake of phosphorus from soft drinks and junk food
 - Emotional and physical stress
- **Signs of calcium deficiency include:**
 - Irritability
 - Nervousness
 - Muscle cramping
 - Fatigue
 - Insomnia
 - Twitching and jerking of the major or minor muscles
 - Low bone density

- **Recommended daily allowance:**
 - The RDA for calcium for adults is from 800 to 1,200 mg.
 - Most nutritionists recommend 1,000 to 1,500 mg daily for women, long before the start of menopause to prevent calcium deficiency.
- **Cocoa Cal Mag™** is a tasty and convenient way to increase your calcium intake and keep your bones strong.*

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving

| | |
|--|--------|
| Calories | 8 |
| Calories from fat | 0 |
| Total Carbohydrates | 2.5 g |
| Sugars | 1.5 g |
| Vitamin D3 (cholecalciferol) | 500 IU |
| Calcium (Ca Carbonate & Ca AAC) | 500 mg |
| Magnesium (Mg Oxide, Mg AAC & Mg Carbonate) | 250 mg |

Other Ingredients: organic evaporated cane juice powder, natural cocoa, stearic acid, natural chocolate cream flavor, magnesium stearate.

- **Contains: Soy.**

Warning: If you are pregnant or nursing, consult your health care practitioner before taking this or any nutritional product.

- **Suggested Use:** As a dietary supplement, chew 1 tablet, twice daily.
- **Sold Exclusively Through Retailers.**

0300466.060 (60 Tablets)

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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