

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<br>(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.

Copyright© 2009 by FoodScience® of Vermont. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without prior written permission of the copyright owner.

1-800-874-9444 • [www.foodscienceofvermont.com](http://www.foodscienceofvermont.com)