

Where Science and Nature Come Together.®

FOODSCIENCE®
of Vermont

Gel Cap Calcium 1200

- **A calcium and Vitamin D3 supplement to support bone function.***

- **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.

- **Gel Cap Calcium 1200** is a convenient way to increase your calcium intake and help keep your bones strong.*

Supplement Facts

Serving Size: 2 Softgels

Amount Per Serving

Calories	15
Calories from Fat	10
Total Fat	1 g
Vitamin D3 (as Cholecalciferol)	200 IU
Calcium (as Ca Carbonate)	1,200 mg

Other ingredients: soybean oil, gelatin, glycerin, water, soy lecithin, titanium dioxide.

- **Contains: Soy.**

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

Suggested Use: As a dietary supplement, take 2 softgels daily with a meal.

Sold Exclusively Through Retailers.

0300210.060 (60 Softgels)

*These statements have 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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