

## LIQUID CALCIUM

Unlike antacid or press tab sources of calcium, the body easily absorbs Herbalogica LIQUID CALCIUM, as it is packaged in a soluble liquid gel form. It provides the necessary 1000-2000 mg of calcium each day, and is free from yeast, corn, wheat, milk, sugar, starch, soy, preservatives, and artificial colors.

### Calcium:

- Provides strength to bones and teeth
- Works with magnesium for cardiovascular health
- Helps prevent osteoporosis
- Plays an important role in health, as every single cell in the body contains it.

Calcium recommendations

Age Group	Calcium-mg
Birth-6 months	400
6 months-1 year	600
1-10 years	800-1200
11-24 years	1200-1500
25-50 years	1000
51-64 years (women on HRT & men)	1000
51-64 (women not on HRT)	1500
65 or older	1500
Pregnant or nursing	1200-1500



**Suggested Use:** 2-4 softgels daily

2 softgels daily will last: 50 days

4 softgels daily will last: 25 days

**Size Available:** 100 liquid gel capsules (500 mg each)

**Shelf Life:** 3 years

### Ingredients:

**CALCIUM CARBONATE**—Helps eliminate muscle pains, cramps, twitches, and tight muscles. Lessens menstrual cramp pain, alleviates blood clotting problems, reduces nervousness and hyperactivity, helps eliminate insomnia, stops bone and teeth demineralization.

**VITAMIN D**—Aids in preventing colds, helps in treatment of conjunctivitis, properly utilizes calcium and phosphorous necessary for strong bones.

Additional information on natural hormone precursors indicate that Herbalogica WILD YAM CREAM, HORMONE BALANCE, and DHEA also play a role in rebuilding bone density.