

As a dietary supplement, take 1 level tablespoon daily (or more as directed by a health professional) mixed with water, juice or food of your choice.

Hydrilla does not contain any kind of animal product. This product is suitable for vegetarians. Raw Hydrilla whose nutrients have not been altered through heating over 118 degrees Fahrenheit.

KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL, DRY PLACE.

Mfg. & Dist. by Vibrant Health
17001 1st St. #100
San Diego, CA 92128
1-800-242-1835
www.vibranthealth.us
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VIBRANT HEALTH®
WHERE SCIENCE & NATURE MEET

Raw Food*

Super Natural CALCIUM

Pure Plant Calcium
from Hydrilla Verticillata



GLUTEN FREE 200 gm. powder

LOOK WHAT'S INSIDE

Hydrilla verticillata is a rooted fresh water plant renowned for nutrient density and bland taste. Its high values of calcium and vitamin B12 (among others) make it a dietary supplement of special value to vegans and all vegetarians.

Supplement Facts

Serving Size: 1 level tablespoon (4.75 gm)
Servings Per Container: 42

Amount per serving
Calories: 13.65

Amount	% Daily Value
Total Fat	0.1 gm.
Saturated	0.0316 gm.
Polyunsaturated	0.0301 gm.
Monounsaturated	0.0383 gm.
Cholesterol	0 gm.
Sodium	19 mg.
Potassium	117 mg.
Total Carbohydrate	2.7 gm.

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Amount	% Daily Value
Dietary fiber	2 gm.
Sugars	<1 gm.
Protein	0.65 gm.
Vitamin A (from beta carotene)	5454 I.U.
Vitamin C	6.53 mg.
Vitamin E	2.77 I.U.
Thiamin	7.2 mg.
Riboflavin	0.26 mg.
Niacin	13 mg.
Vitamin B6	4.5 mg.
Vitamin B12	475 mcg.
Pantothenic acid	8.4 mg.
Chromium	7.4 mcg.
Copper	174 mcg.
Iron	4.6 mg.
Phosphorus	12 mg.
Magnesium	38.3 mg.
Molybdenum	8.7 mcg.
Selenium	1.25 mcg.

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Amount	% Daily Value
Zinc	0.3 mg.
Boron	65 mcg.
Cobalt	174 mcg.
Silica	32.7 mg.
GLA (gamma linolenic acid)	3 mg.
Chlorophyll	16 mg.
Polysaccharides	2 gm.
Alanine	44 mg.
Arginine	30 mg.
Aspartic acid	69 mg.
Glutamic acid	76 mg.
Glycine	43 mg.
Histidine	18 mg.
Isoleucine	35 mg.
Leucine	36 mg.
Lysine	43 mg.
Methionine	18 mg.
Phenylalanine	34 mg.
Proline	38 mg.

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