



Supplement Facts

Serving Size 3 tablets Servings Per Container 30

	Amount per Serving	% Daily Value ¹
Vitamin C (as ascorbic acid)	60 mg	100%
Vitamin D (as ergocalciferol)	500 IU	125%
Calcium (as calcium phosphate and calcium citrate)	600 mg	60%
Phosphorus (as calcium phosphate)	250 mg	25%
Magnesium (as magnesium oxide)	100 mg	25%
Red Clover (<i>Trifolium pratense</i>) (flower) extract powder (20:1) (8% isoflavones)	300 mg	**

¹Percent Daily Values are based on a 2,000 calorie diet. **Daily Value not established.

OTHER INGREDIENTS: microcrystalline cellulose, croscarmellose sodium, stearic acid, hydroxypropyl methylcellulose, silicon dioxide, titanium dioxide, glycerin.

For Targeted Health

No bones about it. This blend of calcium, magnesium, vitamin D, red clover and more helps support healthy bones and other important biological functions. It also contains ingredients to support proper use of the calcium and to support absorption. #2062; \$34 

*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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KEY INGREDIENTS

Calcium citrate / Calcium phosphate

- Studies have shown that calcium citrate is one of the best absorbed forms of calcium.
- 600 mg of calcium per day helps support healthy bones and teeth.¹
- As women and men age, it becomes more critical to increase calcium intake.²
- Calcium helps support muscle function.³

Magnesium / Vitamin D

- Magnesium is needed to ensure that calcium is properly absorbed so it can be utilized.
- Vitamin D helps support calcium absorption in the intestines.
- Vitamin D helps support calcium levels in the blood.
- Calcium Plus provides magnesium and vitamin D to support these functions.

Red clover (isoflavones)

- Isoflavones help support calcium absorption in the bones.
- Red clover is a non-soy source of bone-supporting isoflavones.

BENEFITS

- Calcium helps build healthy bones for critical bone support¹
- Promotes healthy calcium absorption²
- Supports healthy metabolism of calcium, vitamin D and phosphorus³
- Supports proper bone structure and function⁴
- Contains isoflavone antioxidants⁵

Talking Points

- Adequate calcium and vitamin D throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis.¹
- Calcium Plus contains magnesium and vitamin D to support proper absorption and utilization of calcium.
- Take just 3 tablets a day to support healthy bones and teeth.

Certified



Gluten-Free



FREQUENTLY ASKED QUESTIONS

- Q.** Should I take all three Calcium Plus tablets at one time?
- A.** While you can take all three tablets at once, we recommend taking Calcium Plus in divided doses in order to maximize the absorption of calcium.
- Q.** How much calcium should I be taking daily?
- A.** Males and females aged 19–50 should be taking at least 1,000 mg of calcium per day; women aged 51 and older should be taking at least 1,200 mg of calcium, while men can continue to take 1,000 mg per day.
- Q.** What is osteoporosis and how does calcium help?
- A.** The bones in the body go through a bone building and bone breakdown cycle (osteoclast/osteoblast) where bone mass is added and then broken down. In a healthy cycle this process is balanced, meaning the amount of bone that's built up and then broken down is roughly even so bones are maintained at a consistent density. In the case of osteoporosis, the cycle is out of balance and more bone is broken down than added, leading to thinner more injury-prone bones. Ensuring the right amount of calcium is taken each day can help support bone density and strength.