

PRODUCT INFORMATION:

One well rounded teaspoon (3.5g) typically provides:

		%NRV*
Vitamin D (50iu)	1.25µg	25
Vitamin C	78.3mg	98
Calcium	120mg	15
Magnesium	90mg	24

*NRV = Nutrient Reference Value

INGREDIENTS:

Magnesium gluconate, calcium gluconate, acidity regulator: citric acid monohydrate; ascorbic acid, acidity regulator: malic acid; ergocalciferol*. *(non animal source)

DOES NOT CONTAIN:

Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, salt, soya, wheat, yeast.

Suitable for vegetarians and vegans.

This product is not tested on animals.

higher nature.



CALMA C

CALCIUM, MAGNESIUM & VITAMIN C

ULTIMATE NUTRITION

FOOD SUPPLEMENT

140g
powder

CALMA C

- ✓ Instant calcium and magnesium drink with vitamin C
- ✓ Vitamin D, magnesium and calcium help maintain normal muscle function
- ✓ Magnesium contributes to the normal function of the nervous system

DIRECTIONS:

Take 1 well rounded teaspoon (3.5g) up to 3 times a day, stirred into a cup of boiling water until it dissolves, or as your health professional advises. Add juice or herb tea to taste. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle. Magnesium gluconate may be visible as small black specks - this is normal.

STORAGE:

Store in a cool, dry, steam free environment out of reach of children.

Higher Nature, Burwash Common, East Sussex,
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