

FOR OPTIMAL DAILY NUTRITION: Take 6 tablets daily (either 3 in AM, 3 in PM or 2 in AM, 2 at noon, 2 in PM). This is essential because calcium is most absorbable at night. These raw tablets can be used in shakes or broken down easily if powder is more convenient. Refrigerate after opening or keep in a cool pantry away from light.

Catie's Raw Vegetable Calcium uses potent sources of live food with the 20+ essential co-factors (allows proper delivery & utilization in the body), enzymes, and bamboo silica to help build strong bones. This product does not contain any wheat, artificial sweeteners, sucrose, alcohol, MSG, yeast, gluten, salt, dairy, corn, egg, coloring, stabilizers, maltodextrins, any other artificial ingredients or pesticides, NON-GMO.

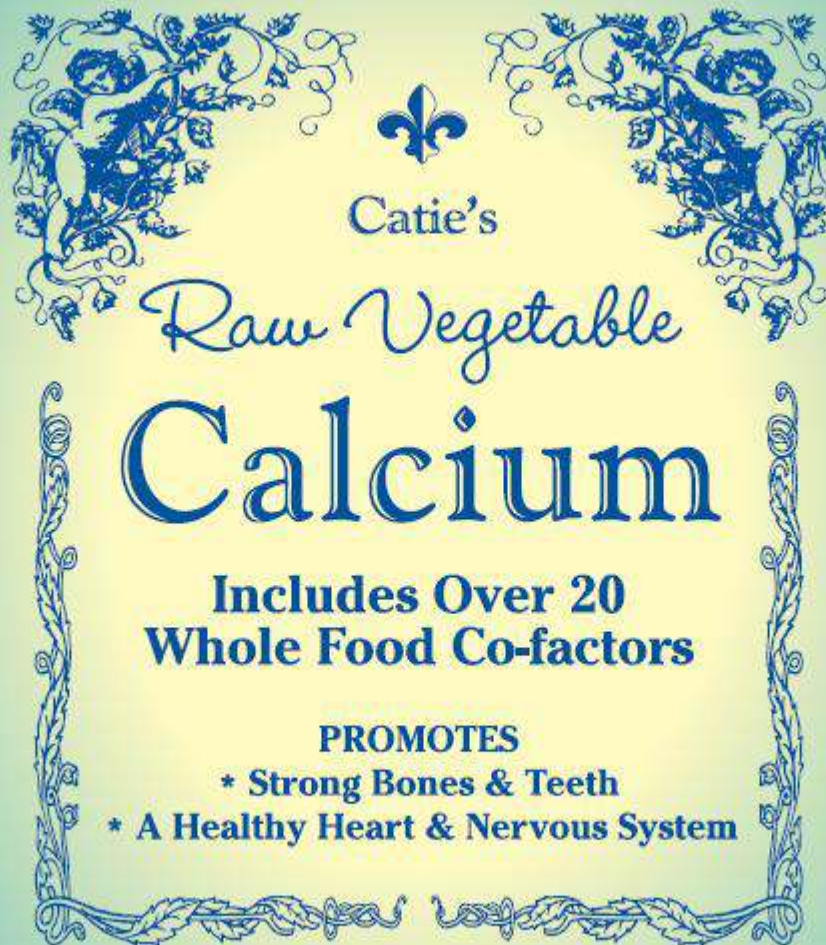
Many blessings, health and happiness,

Catie

Formulated and distributed with Love by:

Energy Essentials™

For questions, call customer service: (818) 591-9355
www.energyessentials.com



180 Tablets

Supplement Facts

Serving Size: 6 Tablets
Servings per container: 30
Total Tablets: 180

Amount per Serving	Amt. Units
Plant Calcium (from 2,882 mg of Hydrilla Verticillata)	400 mg
Vitamin K2	100 mcg
Vitamin D3	1000 IU
Chantrelle Mushroom Powder (good source of vitamin D)	25 mg
White Button Mushroom Powder (good source of vitamin D)	25 mg
Boron (from plants)	3 mg

PROPRIETARY BLEND 2407 mg

Chia (ground)	Stabilized Brown Rice
Alfalfa	Fennel Seed Powder
Saccharomyces Cerevisia	Black Sesame Seed Powder
Chlorophyll	Yellow Dock
Gogi Berry Powder	Kudzu
Plum Powder	Fenugreek
Asparagus Powder	Comfrey
Silica (from Tabashir Bamboo) Powder	Black Strap Molasses
Blueberry Concentrate	Irish Moss
Apple Pectin Fiber	Mullein
Kelp	Lima Bean Powder
Chlorella	White Oak
Papaya	Marshmallow
Kale	Nettle
Bok Choy Powder	Onion Concentrate
Cantaloupe Powder	Garlic Concentrate
Pumpkin Seed Powder	Lobelia
Wild Yam Powder	Suma
Banana Concentrate Powder	Dong Quai
Plantain Concentrate Powder	

Enzymes (amylase, lipase, protease, cellulase, bromelain, papain) 50 mg

OTHER INGREDIENTS:

Guar Gum
Coconut Oil (Nonhydrogenated, Nonbleached) (Replaces Stearic Acid & Stearates)
Nu Flow 70