

**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,

Formulated and distributed with Love by:

Energy Essentials™

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





Catie's

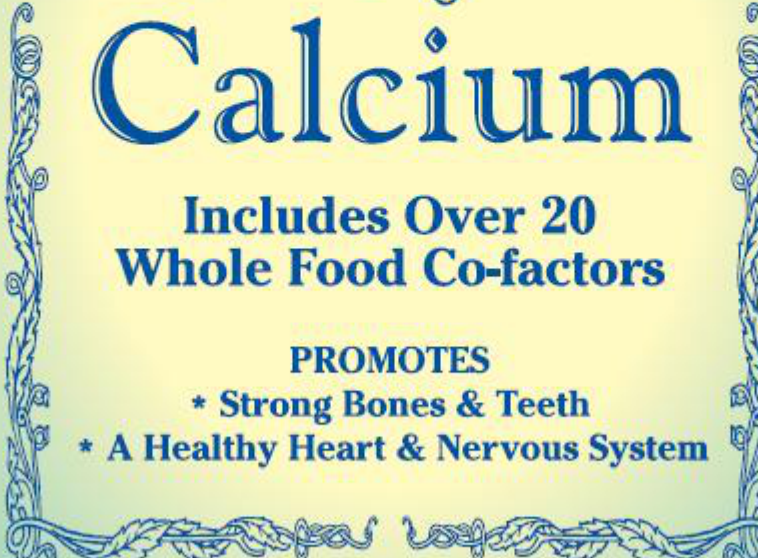
Raw Vegetable

# Calcium

Includes Over 20  
Whole Food Co-factors

PROMOTES

- \* Strong Bones & Teeth
- \* A Healthy Heart & Nervous System



120 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                    |
| Chanterelle 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                                                                     |  |                            |