

## EVIDENCE-BASED

Calcium is a mineral supplement emphasizing key nutrients for the support and maintenance of healthy bone and bone structure.\* Research has shown that supplementing with calcium may reduce the risk of osteoporosis. The National Institutes of Health recommend that adults take 1,000 to 1,200 mg daily to reduce further bone loss and prevent osteoporosis-related fractures.

Recent research has proven that a lifelong intake of specific bone-supportive nutrients is needed for bones to remain strong and healthy, including calcium, vitamin D, phosphorus, and magnesium.\* Calcium contains tricalcium phosphate, the best utilized form of calcium.\* Vitamin D plays a major role in calcium absorption and works in the kidneys to help resorb calcium that otherwise would be excreted.\* There is also a strong co-dependence of calcium and phosphorus, another mineral crucial to bone health.\* Magnesium is found in skeletal structures providing structural and storage functions.\*

This calcium supplement may reduce the risk of osteoporosis. Osteoporosis affects middle-aged and older persons. A lifetime of regular exercise and a healthy diet that includes calcium builds and maintains good bone health and may reduce the risk of osteoporosis later in life. Daily intakes above 2,000 mg are not likely to provide any additional benefit to bone health.

MANUFACTURED BY AN FDA-REGISTERED DRUG ESTABLISHMENT FOR  
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\*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.  
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



integrative  
THERAPEUTICS, INC.

# CALCIUM

*Supports and maintains  
optimum bone health\**

180 TABLETS

Dietary Supplement

## Supplement Facts

Serving Size 3 tablets

Servings per container 60

| Amount per 3 tablets                                                                                    |        | %DV** |
|---------------------------------------------------------------------------------------------------------|--------|-------|
| Total Carbohydrate                                                                                      | <1 g   | <1%** |
| Vitamin D (as cholecalciferol)                                                                          | 400 IU | 100%  |
| Calcium (from tricalcium phosphate [480 mg], calcium carbonate [480 mg], and calcium gluconate [40 mg]) | 1 g    | 100%  |
| Phosphorus (from tricalcium phosphate)                                                                  | 240 mg | 24%   |
| Magnesium (as magnesium oxide and magnesium aspartate)                                                  | 400 mg | 100%  |
| Sodium                                                                                                  | 5 mg   | <1%   |

\*\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Other ingredients: modified cellulose, cellulose, modified cellulose gum, stearic acid, titanium dioxide color, magnesium stearate, soy lecithin, vegetable glycerin, and carnauba wax.

**Recommendations:** Take 3 tablets daily with food.

If pregnant, nursing, or taking prescription drugs, consult your healthcare practitioner prior to use.

Contains no sugar, yeast, wheat, gluten, corn, dairy products, artificial flavoring, or preservatives. All colors used are from natural sources.