

MADE WITH
ORGANIC
DARK CHOCOLATE

TEAR HERE

GLUTEN FREE | NO GMOs | NO TRANS FATS



adora
CALCIUM SUPPLEMENT



500 mg Calcium
VITAMIN D3 | MAGNESIUM

Crave Your Calcium
MADE WITH ORGANIC DARK CHOCOLATE

Also try Adora[®] MADE WITH ORGANIC MILK CHOCOLATE

Bone health is important at all ages* and statistics show most people are not getting enough calcium. Made with organic chocolate, Adora[®] Calcium Supplement is the most delicious way to get the calcium you need every day. Each disk provides 50% of your daily [†] Vee of calcium with vitamin D3 and [†] ones[†] for optimal absorption. Crave Your Calcium[®].

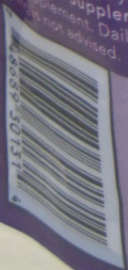
Adequate calcium and vitamin D throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis.

BODY NEEDS CALCIUM*

	Calcium mg/day*	Adora servings/day
9-13	800	1-2
14-18	1300	2-3
19-50	1000	2
51+	1200	2-3

*SOURCE: U.S. Department of Health and Human Services, The 2014 Surgeon General's Report on Bone Health and Osteoporosis: What it Means to You.

DIRECTIONS: Take one disk up to three times per day, preferably with meals, or as recommended by your doctor. Though you may be tempted with Adora[®] Calcium Supplement, please handle as a food product. Daily intake of calcium above 3000 mg is not advised.



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BEST BY

Supplement Facts

Serving Size 1 disk (7 g) Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	30	
Calories from Fat	19	
Total Fat	2 g	3% [†]
Saturated Fat	1.5 g	8% [†]
Trans Fat	0 g	†
Cholesterol	0 mg	0% [†]
Total Carbohydrate	2 g	1% [†]
Sugars	2 g	†
Vitamin D	500 IU	125% [†]
Calcium	500 mg	50% [†]
Magnesium	40 mg	10% [†]

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

INGREDIENTS: Chocolate Liquor[†]*, Dried Fruit Syrup*, Calcium Carbonate, Cocoa Butter, Magnesium Oxide, Soy Lecithin (an emulsifier), Natural Flavor, Vanilla[†], Vitamin D3 (Cholecalciferol), and other ingredients derived from lanolin).

* Organic + Rainforest Alliance Certified
May contain traces of MILK
Made in a facility that processes tree nuts.

100% of the cocoa in Adora comes from Rainforest Alliance Certified[®] farms, helping protect wildlife, the environment, farm workers and their families.

STORAGE INFORMATION: Keep out of reach of children and pets. Store in a cool, dry place to prevent chocolate from melting.

Made in USA by
Thompson Brands LLC
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www.AdoraCalcium.com
Certified Organic by QAI