

# adora<sup>®</sup>

## Rich Dark Chocolate CALCIUM SUPPLEMENT

30 DISKS each contains:

**CALCIUM** 500 mg

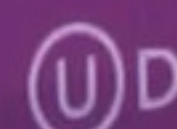
**VITAMIN D3** 500 IU

**MAGNESIUM** 40 mg

64% Cacao



### SUPPORTS BETTER BONE HEALTH



Made With Rich Dark Chocolate

Also try **ADORA<sup>®</sup>** Rich Milk Chocolate

Bone health is important at all ages\* and statistics show that most people are not getting enough calcium. **Adora<sup>®</sup> Calcium Supplement** is a delicious way to get the calcium you need every day. Each disk provides approximately half of your Daily Value of calcium with vitamin **D3** and **magnesium** for optimal absorption.\*\*

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

#### YOUR BODY NEEDS CALCIUM\*

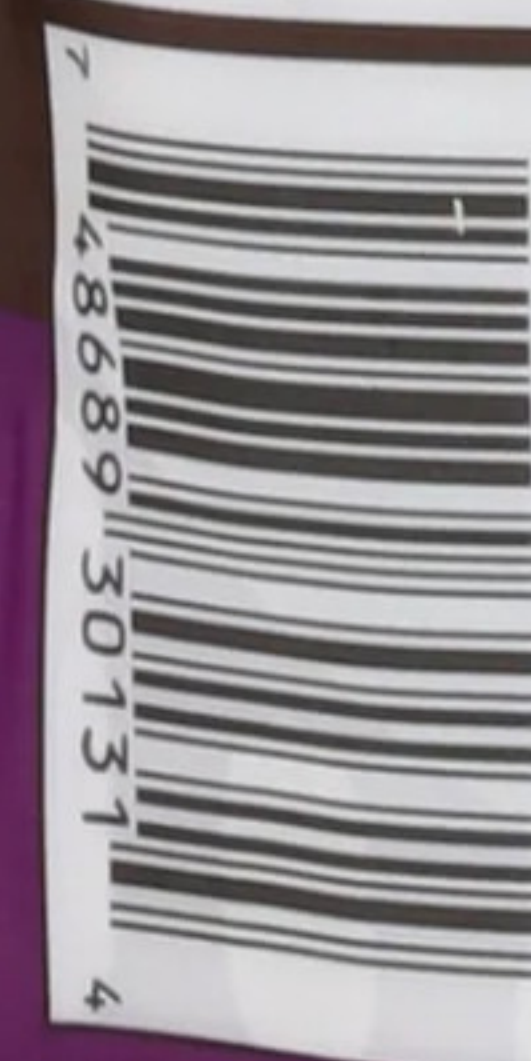
| Age   | Calcium mg/day** | Adora servings/day |
|-------|------------------|--------------------|
| 4-8   | 1000             | 1-2                |
| 9-18  | 1300             | 2-3                |
| 19-50 | 1000             | 2                  |
| 51+   | 1200             | 2-3                |

\* SOURCE: The 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<sup>®</sup> Calcium Supplement**, please consume as a dietary supplement. Daily intake of calcium above 2500 mg is not advised.

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

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any diseases.



D12003  
Best By  
12/22

## Supplement Facts

30 Servings Per Container  
Serving Size One Disk (7g)

|                          | Amount per Serving | % Daily Value |
|--------------------------|--------------------|---------------|
| Calories                 | 30                 |               |
| Total Fat                | 2.5g               | 3%*           |
| Saturated Fat            | 1.5g               | 8%*           |
| Total Carbohydrate       | 3g                 | 1%*           |
| Total Sugars             | 2g                 | **            |
| Includes 2g Added Sugars |                    | 4%*           |
| Protein                  | 0g                 |               |
| Vitamin D                | 13mcg              | 65%           |
| Calcium                  | 506mg              | 39%           |
| Magnesium                | 40mg               | 10%           |
| Sodium                   | 0mg                | 0%            |

\*Percent Daily Values Are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**INGREDIENTS:** Chocolate Liquor, Sugar, Calcium Carbonate, Cocoa Butter, Magnesium Oxide, Vanilla Extract, Vitamin D3 (Cholecalciferol, derived from lanolin).

Manufactured on equipment shared with milk containing products. Milk may be present. Made in a facility that processes tree nuts.

Fairtrade cocoa, sugar and vanilla: mass balance is used to match Fairtrade sourcing. Visit [info.fairtrade.net/sourcing](http://info.fairtrade.net/sourcing)



Made in USA by  
Thompson Brands LLC  
80 South Vine Street  
Meriden, CT 06451  
[www.AdoraCalcium.com](http://www.AdoraCalcium.com)

