

# Living Calcium Advanced

**Bone Density** Support Formula<sup>†</sup>

Whole Food Plant Calcium, plus Vitamins D3, K2 & Magnesium for Optimal Calcium Absorption†

WHOLE FOOD SUPPLEMENT

**VEGETARIAN CAPLETS** 

#### **Empowering Extraordinary Health®**

Garden of Life's mission is to empower extraordinary health. To fulfill that mission, we formulate effective whole food products that promote good health.

#### **Fermented Nutrients**

Fermented nutrients, like those in our Living Calcium™ Advanced, are better for your body because they are more like food than isolated vitamins, but with guaranteed potency in a whole food source. Our fermentation process makes them easy on the stomach and more body-ready than less expensive isolated vitamins and minerals.

#### Certified B-CORP CERTIFIED



Certified by the nonprofit B Lab to meet rigorous standards of social and environmental Corporation performance, accountability and transparency.

### Living Calcium™ Advanced

A lifetime of regular exercise and eating a healthful diet that includes enough calcium, such as Living Calcium™ Advanced, helps build and maintain good bone health.

- ▶ 1,000mg of Calcium
- ▶ Plant-Sourced from Algae
- No Crushed Rocks or Animal Bones
- ▶ Vitamins D3 and K2 for Calcium Absorption<sup>↑</sup>
- Essential Minerals and Cofactors to Help Support Bone Density<sup>†</sup>

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Suggested Use: Adults take 6 caplets daily with food. May take 2 caplets

## **Supplement Facts**

Servings Per Container 20

An	nount Per Serving	% Daily Value
Vitamin D (D3 from culture of S. cerevisiae	) 15 mcg (600 IU)	75%
Vitamin K (K1 from culture media)	65 mcg	54%
Riboflavin (Vitamin B2 from culture me	dia) 10 mg	769%
Vitamin B6 (from culture media)	25 mg	1471%
Folate (from culture media)	400 mcg DFE	100%
Vitamin B12 (as Methylcobalamin)	200 mcg	8333%
Calcium (from Algae)	1,000 mg	77%
Magnesium (Magnesium Oxide from sea minerals)	575 mg	137%
Zinc (from brown rice chelate)	3 mg	27%
Copper (from brown rice chelate)	1 mg	111%
Manganese (from brown rice chelate)	1 mg	43%
Vitamin K2 (as menaquinone-7)	60 mcg	+
Boron (from brown rice chelate)	3 mg	+
Betaine (from beets)	50 mg	+
Calcified Red Algae	3.5 g	+

Other Ingredients: Clean Tablet Technology™ Blend (patent pending Organic Dextrose, Organic Gum Arabic, Organic Coating (Organic Sunflowe Lecithin, Organic Tapioca Maltodextrin, Organic Palm Oil, Organic Guar Gum)

Contains: Soy.

**CAUTION:** As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, giving product to children, anticipate surgery, take medication on a regular basis or are otherwise under medical supervision.

Warning: Do not take this product if you are taking blood thinners without first consulting your physician.

Made without dairy ingredients, peanut, tree nuts or shellfish. Manufactured in a facility that also processes dairy, peanut,

Package size is determined by labeling information, not the number of servings in this container. The serving size and contents are clearly marked.

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