

PRODUCT INFORMATION

One well rounded teaspoon (3.5g) typically provides:

		%RDA*
Vitamin D (50iu)	1.25µg	25
Vitamin C	78.3mg	98
Calcium	120mg	15
Magnesium	90mg	24
Citric acid	301mg	
Malic acid	14mg	

*RDA = Recommended Daily Amount (new 2009 values)

INGREDIENTS: Magnesium gluconate, calcium gluconate, citric acid monohydrate, ascorbic acid, malic acid, vitamin D as ergocalciferol*. *(non animal source)

Yeast is used in the manufacture of the Vitamin D.

DOES NOT CONTAIN: salt, soya, wheat, gluten, yeast, lactose, dairy products, artificial preservatives, colours or flavourings.

Hypo-allergenic formula.

Suitable for vegetarians and vegans.

This product is not tested on animals.



Charitable organisations policy: supplements regularly donated

HIGHER NATURE®

CALMA-C

**instant calcium
and magnesium drink
with vitamin C**

**140g powder
VEGETARIAN
FOOD SUPPLEMENT**

CALMA-C

**instant calcium and magnesium
drink with vitamin C**

140g powder

CALM140

DIRECTIONS: Take 1 well rounded teaspoon (3.5g) up to 3 times a day, stirred into a cup of boiling water until it dissolves, or as your health professional advises. Add juice or herb tea to taste. Do not exceed recommended daily intake.

Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

When boiling water is added to this mix, highly bioavailable forms of calcium and magnesium (ascorbates, malates and citrates) are formed. These are important for normal nerve and muscle function.

Magnesium gluconate may be visible as small black specks - this is normal.

This bottle has a UV filter.

Keep out of reach of children. Ensure lid is tight and store in a cool, dry, steam-free environment as damp conditions can affect the product quality.

HIGHER NATURE Burwash Common, East Sussex, TN19 7LX, UK
www.highernature.com

