

100% WHOLE FOOD CALCIUM

All of the calcium in **Alive!® Whole Food Calcium** is from **plant sources**: Lithothamnion (calcified red algae seaweed) sustainably harvested from pristine Icelandic waters, plus organic kale, spinach and collard greens.



Lithothamnion • Kale • Spinach • Collard Greens

Easier for Your Body to Digest

While many supplements contain calcium from limestone rock or animal bones, **Alive! Whole Food Calcium** provides calcium and 70+ trace minerals in a natural food matrix that may be easier for the body to digest, absorb and utilize.

Rapid Dissolving Tablets

Alive! Whole Food Calcium tablets are specially designed to dissolve quickly in the digestive tract to help ensure a maximum level of nutrients are available to be absorbed.

GLUTEN FREE. Contains no sugar, yeast, wheat, dairy products, artificial flavors/colors or preservatives. Made from natural ingredients. Tablet color variations are normal.

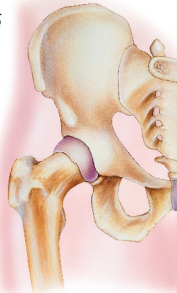
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Green Bay, WI 54311 USA • Made in USA

Questions? Call 1-800-9NATURE or visit www.naturesway.com

Actual Tablet Size

PROMOTE HEALTHY BONES* with **Alive!® Whole Food Calcium**

Adequate calcium intake throughout life, as part of a well-balanced diet and regular exercise, **may reduce the risk of osteoporosis**. Taking **Alive! Whole Food Calcium** provides **1,000 mg of calcium** (100% of the recommended daily intake).



Enhanced Absorption

Vitamin D3 in the formula enhances your body's ability to absorb & use calcium.*

Stronger Bones*

Magnesium and **Vitamin C** in the formula help your body maintain bone density.*

Gets to Your Bones, Not Your Arteries

Vitamin K2 (MK-7) in the formula directs calcium to the bones where it's needed most, and away from arteries.*

Extra Minerals for Bone Support

Boron, Strontium, Vanadium & Silica in the formula further assist calcium in promoting healthy bones.*

Aquamin® is a registered trademark of Marigot Limited.

*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

NEW

Nature's
Way

Alive!

Calcium

Bone Formula

MAX ABSORPTION

100% WHOLE FOOD CALCIUM & VITAMIN C

plus Vitamin D3, Vitamin K2,
Magnesium, Boron and
Synergistic Minerals

1,000 mg
CALCIUM
Plant Source

120 TABLETS • DIETARY SUPPLEMENT

SATISFACTION GUARANTEED. Safety sealed for your protection with printed outer shrinkwrap and printed inner freshness seal under bottle cap. Do not use if either seal is broken or missing. Store at room temperature. Keep bottle tightly closed.



LBN15839 01 (BLK788)

Recommendation: Take 4 tablets daily, preferably with food. For best results, take 2 tablets twice daily with food. Do not exceed recommended dose. **Caution:** Consult your healthcare practitioner before using this product if you have a kidney disorder, hypercalcemia, hypercalciuria, are taking warfarin or other prescription drugs, or are pregnant/lactating. **Keep out of reach of children.**

Supplement Facts

Serving Size 4 Tablets / Servings Per Container 30

Amount Per Serving		% DV
Calories	5	
Total Carbohydrate	<1 g	<1%†
Dietary Fiber	<1 g	2%†
Vitamin C (from Organic Acerola [fruit], Organic Goji [fruit], Organic Kiwi [fruit], Organic Amla [fruit])	60 mg	100%
Vitamin D3 (as cholecalciferol)	2,000 IU	500%
Vitamin K2 (menaquinone-7) from Natto (fermented soybean extract)	100 mcg	125%
Calcium (from Aquamin® calcified mineral source Red Algae <i>Lithothamnion</i> sp. [whole plant], Organic Kale [leaf], Organic Spinach [leaf], Organic Collard Greens [leaf])	1,000 mg	100%
Magnesium (from Aquamin® calcified mineral source Red Algae <i>Lithothamnion</i> sp. [whole plant], as citrate/oxide)	500 mg	125%
Sodium	40 mg	2%
Strontium (from Aquamin® calcified mineral source Red Algae <i>Lithothamnion</i> sp. [whole plant])	7 mg	**
Silica (from Aquamin® calcified mineral source Red Algae <i>Lithothamnion</i> sp. [whole plant])	5 mg	**
Boron (from Aquamin® calcified mineral source Red Algae <i>Lithothamnion</i> sp. [whole plant], as amino acid chelate)	3 mg	**
Vanadium (from Aquamin® calcified mineral source Red Algae <i>Lithothamnion</i> sp. [whole plant])	101 mcg	**

†Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value (DV) not established.

Other Ingredients: Cellulose, Stearic Acid, Modified Cellulose Gum, Citric Acid, Sodium Bicarbonate, Modified Cellulose, Maltodextrin, Silica, Vegetable Glycerin