

PRODUCT INFORMATION

Two tablets typically provide: %RDA*

Calcium	300mg	38
Magnesium	25mg	7

*RDA = Recommended Daily Allowance (new 2009 values)

INGREDIENTS: Natural *Lithothamnion calcarea*, bulking agent: cellulose; anti-caking agent: vegetarian magnesium stearate.

DOES NOT CONTAIN: sugar, 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®

SEA CALCIUM™

calcified seaweed
naturally rich in calcium
500mg

180 tablets
**VEGETARIAN
FOOD SUPPLEMENT**

SEA CALCIUM™ 500mg 180 tablets

SEA180
108

calcified seaweed

DIRECTIONS: Take 2-6 tablets a day, with a meal, or as your health professional advises. Do not exceed recommended daily intake. **SEA CALCIUM™** is best taken with a multivitamin providing Vitamin D, which aids calcium absorption.

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

SEA CALCIUM™ is calcified seaweed, naturally high in calcium. It is harvested from a unique area of crystal clear seas off the West Coast of Ireland. Three tablets of **SEA CALCIUM™** contain more calcium than half a pint of milk.

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.



SEA-086-01

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