

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
a natural source of calcium
500mg
180 tablets
VEGETARIAN
FOOD SUPPLEMENT

SEA CALCIUM 500mg 180 tablets

SEA180
109

✓ Calcium is needed to maintain normal bones and teeth.

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 Vitamin D.

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

SEA CALCIUM is calcified seaweed, and a natural source of 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.

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www.highernature.com



SEA-086-01