



**SUGGESTED USE** Consume two capsules daily with food or as recommended by a health care professional. For best results, take this product with food, preferably a complete meal containing a small amount of fat. This product is most effective when used in conjunction with a high potency, comprehensive multi-vitamin-mineral supplement such as one of **ANDREW LESSMAN'S Life Rx™** formulas. **For answers to questions about the use of this product call 800.800.1200.**

**WARNING** Unless directed by a physician, Vitamin K is not for use with any anticoagulant drugs (Coumadin, Warfarin, Heparin, etc.). If you have ever experienced any blood clotting abnormalities, consult with a health professional before using this or any Vitamin K-containing product.

**UNSURPASSED.**  
*Purity. Quality. Integrity. Effectiveness.*



Andrew Lessman  
 Founder of PROCAPS LABS



**QUESTIONS? RE-ORDERS?**  
**CALL 800.800.1200 • WWW.PROCAPSLABS.COM**



430 Parkson Road  
 Henderson, NV 89011



# CALCIUM INTENSIVE CARE™ PLUS VITAMIN K-500

GENTLE, ULTRA-SOLUBLE CALCIUM  
 WITH VITAMIN D<sub>3</sub>, BORON AND S.O.S.  
 PLUS 500 MCG VITAMIN K-1



250 Easy-to-Swallow Capsules

**Andrew Lessman's CALCIUM INTENSIVE CARE plus Vitamin K-500** is a mild all-natural formula designed to address the special requirements of virtually all individuals, particularly women, to consume extra Calcium and Vitamin D<sub>3</sub> to support bone health. This mild, easy to absorb formula is particularly important for women who have challenges with ordinary calcium tablets, but must consume Calcium and Vitamin D<sub>3</sub> to build and maintain a strong, healthy skeleton. Calcium is one of the most abundant minerals on our planet, yet it is sadly lacking from our diet and equally difficult to absorb. It is also critical to remember that without Vitamin D<sub>3</sub>, which is just as scarce as Calcium, we cannot absorb and utilize what little Calcium we manage to consume. In fact, inadequate Calcium and Vitamin D<sub>3</sub> intake poses a very real and substantial threat to the long-term health of our bones and bodies in this country. Making matters worse is the fact that Calcium itself is relatively insoluble and very hard to absorb from supplements, particularly those large calcium tablets. At **PROCAPS LABS**, we overcome this problem by placing ultra-fine, super-soluble, powdered forms of Calcium into small, easy-to-swallow capsules that are guaranteed gentle even to the most sensitive stomach. This eliminates the chalky taste, poor absorption and stomach upset that make ordinary calcium supplements so unpleasant to use. In order to support bone formation and preservation, we also include Vitamin K<sub>1</sub>, which is important for Calcium movement throughout the body. Because of its ultra-fine powder and super-soluble ingredients, our **Calcium Intensive Care plus Vitamin K-500** remains mild despite delivering 500 mg of Calcium, 500 mcg of Vitamin K<sub>1</sub> and 250 IU of Vitamin D<sub>3</sub> in two small easy-to-swallow capsules. As we get older, the Calcium we require becomes more difficult to absorb and tolerate, but **Calcium Intensive Care plus Vitamin K-500** makes it easy to provide the Calcium, Vitamin K<sub>1</sub> and Vitamin D<sub>3</sub> necessary to support the health of your skeleton while still remaining mild, even to the most sensitive stomach.

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

**CONTAINS NO** Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, starch, fat, cholesterol, oil, emulsifier, wax, binder, filler, excipient, lubricant, coating, diluent, flowing agent, common allergen, color, flavor, sweetener or preservative.

**CONTAINS NO ADDITIVES OF ANY KIND**

## Supplement Facts

**Serving Size 2 Capsules      Servings Per Container 125**

**Amount Per Serving      %DV\***

Vitamin C (as calcium ascorbate/ascorbyl palmitate)      30 mg      50%

**Vitamin D<sub>3</sub>** (as cholecalciferol)      **250 IU**      63%

**Vitamin K<sub>1</sub>** (as phytonadione)      **500 mcg**      625%

**Calcium** (as calcium citrate/malate/carbonate/ascorbate)      **500 mg**      50%

Boron (as boron glycinate)      1,000 mcg      †

**Silicon** (as silicon dioxide/Soluble Organic Silicon - **SOS**)      **5 mg**      †

\* Percent Daily Values (%DV) are based on a 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Gelatin capsule.

**NO ADDITIVES.**