

# Calcium, Liquid

DIN 02247392, 473 mL Liquid Mineral/Vitamin supplement, Stock No. 3191-6

**C**alcium is the most abundant mineral in the human body and vitally important for good health. To help you get more of the goodness of calcium, Nature's Sunshine has developed a great-tasting liquid calcium supplement.

Nature's Sunshine's Liquid Calcium is made from easily absorbed calcium citrate, and because it is in liquid form, its absorption is further enhanced. It is ideal for children and adults who find it difficult to swallow calcium tablets. Nature's Sunshine's Liquid Calcium has a delicious tropical flavour and doesn't leave behind a chalky taste.

## *Did you know?*

Maximum bone density is primarily developed during childhood, after which it is intended to last a lifetime. Therefore, poor bone density established during childhood and adolescence increases the risk of osteoporosis in life.<sup>1</sup>

## *NSP Advantage*

473 mL. Liquid Mineral and Vitamin Supplement.

*Ingredients:* Each serving supplies 500 mg of calcium (phosphate, citrate, lactate), 200 mg of magnesium (oxide), 200 IU of vitamin D, and 1.5 mg of zinc (gluconate) in a no medicinal base containing filtered water, fructose, glycerin, natural flavours, xanthan gum, hydroxylated lecithin, potassium sorbate and potassium benzoate. Great tasting!

*Recommendation:* Adults—Take 15 mL (one Tbsp.) with a meal twice daily.

Children—Take 15 mL (one Tbsp.) with a meal once daily.

1. Attwood, Charles R., Dr. Attwood's Low-Fat Prescription for Kids, Viking, 1995, page 65.

## Features & Benefits

- Calcium and phosphorus are factors in the maintenance of bones and teeth, especially in infancy and childhood.
- Magnesium, phosphorus and vitamin D are essential to the proper utilization of calcium.
- Vitamin D is a factor in the normal development of bones and teeth.