

# CALCIUM SUPPLEMENT

## Nutritional Information:

|           | Three tablets provide: | % RDA* |
|-----------|------------------------|--------|
| Calcium   | 999 mg                 | 125 %  |
| Vitamin D | 2.25 µg                | 45 %   |
| Magnesium | 120 mg                 | 32 %   |
| Manganese | 0.99 mg                | 50 %   |
| Zinc      | 7.50 mg                | 75 %   |
| Copper    | 0.99 mg                | 99 %   |

\* Recommended Daily Allowance



### Ingredients:

Calcium carbonate, bulking agents (microcrystalline cellulose, cross-linked sodium carboxy methyl cellulose), calcium citrate, magnesium oxide, anti-caking agents (fatty acids, silicon dioxide, calcium salts of fatty acids), corn starch, glazing agents (hydroxypropyl methylcellulose, glycerol), colour (titanium dioxide), zinc sulphate, cupric gluconate, manganese sulphate, cholecalciferol. **MAY CONTAIN SOYA.**

For up-to-date ingredient list & nutritional values please refer to the label on the product.

## Targeted Nutrition

**Xtra-Cal is a daily calcium supplement, providing over 100% of your RDA of calcium required for the maintenance of healthy bones and teeth.**

### KEY BENEFITS

- Helps maintain healthy bones and teeth
- Contains over 100% of your calcium RDA per serving
- Rich in vitamin D, essential for calcium absorption and needed for proper muscle function
- Also contains magnesium, copper, manganese and zinc

### HOW CAN IT HELP YOU?

Your daily calcium requirement depends on your age and a variety of other factors. For example, teens need more calcium than adults. Older adults, particularly post menopausal women, need extra calcium to help prevent osteoporosis.

### DID YOU KNOW?

Milk provides a range of essential nutrients but to put things practically, a daily serving of Xtra-Cal provides you with 850 mg of calcium which is similar to the calcium provided by three glasses of milk.



### ALSO TRY

Herbalifeline®, which contains 2 Omega-3 fatty acids, EPA and DHA, from fish oil, to help support a healthy heart.

Your Herbalife Independent Distributor is: