

# Nutrition



## Forever Calcium®

Science has shown that as we age our ability to absorb calcium reduces. In fact some reports indicate that our ability to absorb calcium from our diet declines by 60% from childhood to adulthood. What can you do to promote healthy bones and teeth? New & Improved Forever Calcium® provides the clinically proven quantities of Calcium, Magnesium, Zinc, Manganese, Copper and the Vitamins C & D to help maintain proper bone structure and function.

You depend on the strength of your body every day, and it starts from the inside out. Forever's new form of calcium, Di-Calcium malate, is most effective at promoting optimum bone building since it stays in the blood stream longer and does not interfere with the natural pH balance in the stomach. Additionally, our proprietary mineral blend is smaller and more absorbable than our previous formula.

New & Improved Forever Calcium® uses superior forms of calcium and other patented high performance minerals to ensure maximum absorption and bioavailability. To combat our declining ability to absorb calcium as we age, a comprehensive supplement is vital to help protect against bone loss. Forever Calcium® can help you feel assured that you are relying on the highest quality ingredients to support your health.

### Supplement Facts

Serving Size 4 Tablets  
Servings Per Container 22

Amount Per Serving	% Daily Value
Vitamin C (as calcium ascorbate) 60 mg	100%
Vitamin D (as cholecalciferol) 800 IU	200%
Calcium (as di-calcium malate) 1000 mg	100%
Magnesium (magnesium oxide and di-magnesium malate) 400 mg	100%
Zinc (as zinc glycinate chelate) 6 mg	40%
Copper (as copper glycinate chelate) 1 mg	50%
Manganese (as manganese glycinate chelate) 2 mg	100%

Other ingredients: Silicified microcrystalline cellulose, croscarmellose sodium, stearic acid, sodium carboxymethylcellulose, dextrin, natural flavors, dextrose, medium chain triglycerides, sodium citrate.

CONTENTS  
90 tablets

SUGGESTED USE  
Take 3 to 4 tablets daily as a dietary supplement.



- Provides Calcium, Magnesium, Zinc, Manganese, Copper and the Vitamins C & D
- Ensure maximum absorption and bioavailability

PRODUCT #206

