

Calcium with Vitamin D₃

Supports bone, colon and cardiovascular health[‡]

INDICATIONS

- Ages 18 and up
- Optimal bone, cardiovascular and colon health support[‡]

BENEFITS

- Supports bone mineralization and health[‡]
- May help reduce the risk of osteoporosis^{**‡}
- Provides support for colon health[‡]

FEATURES

- Highly absorbable form of calcium
- Made with high-quality vegan ingredients backed by verifiable science

VERIFIABLE SCIENCE

Several clinical trials have revealed positive effects of calcium and vitamin D combinations on bone health. Vitamin D is important for intestinal calcium and phosphorous absorption, reducing urinary calcium loss and enhancing healthy bone composition. Calcium and vitamin D also play a role in supporting colon health.^{1,2} In a large trial published in the *New England Journal of Medicine* involving over 3,000 women, daily supplementation with calcium and vitamin D over one and a half years supported bone composition of the femur.³ In another study, calcium and vitamin D supplementation promoted calcium utilization and maintained healthy bones in postmenopausal women.⁴ Calcium citrate malate combined with vitamin D moderated the rate of bone loss for a separate group of postmenopausal women, supporting the health of the spine.^{5‡}

SUGGESTED USE

As a dietary supplement, take 3 capsules, 1-2 times daily, with meals.

STORAGE

Store in a cool, dry place.

WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

SOURCE

- Calcium is derived from limestone.
- Citrate is derived from corn dextrose fermentation.
- Malate is synthetic.
- Vitamin D₃ is derived from algae.
- Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

NOTES

Size 00 caps

Bottle count 180

Order codes CVD1

Bottle size 20 oz

REFERENCES

1. Mocanu V, et al. *Nutr J*. 2013 Oct 11;12:137.
2. Wactawski-Wende J, et al. *N Engl J Med*. 2006 Feb 16;354(7):684-96.
3. Chapuy MC, et al. *N Engl J Med* 1992; 327:1637-1642.
4. Aloia JF, et al. *Am J Clin Nutr*. 2014 Mar;99(3):624-31.
5. Reid IR, et al. *Am J Med*. 2006 Sep;119(9):777-85.

SUPPLEMENT FACTS

3 capsules, 1-2 times daily, with meals.

Three (size 00) vegetarian capsules contain:

Vitamin D (as cholecalciferol) (D₃) 10 mcg (400 IU)

Calcium (as calcium citrate/malate) 450 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate



Calcium with Vitamin D ₃	Quantity	Order Code
	180	CVD1