

# Calcium with Vitamin D<sub>3</sub>

Supports bone, colon and cardiovascular health<sup>†</sup>

## INDICATIONS

- Ages 18 and up
- Optimal bone, cardiovascular and colon health support<sup>†</sup>

## BENEFITS

- Supports bone mineralization and health<sup>†</sup>
- May help reduce the risk of osteoporosis<sup>\*\*†</sup>
- Provides support for colon health<sup>†</sup>

## FEATURES

- Highly absorbable form of calcium
- Made with high-quality vegetarian 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.<sup>1,2</sup> 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.<sup>3</sup> In another study, calcium and vitamin D supplementation promoted calcium utilization and maintained healthy bones in postmenopausal women.<sup>4</sup> 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.<sup>5†</sup>

## 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 D<sub>3</sub> is derived from lanolin.
- 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) (D<sub>3</sub>) 10 mcg (400 IU)

Calcium (as calcium citrate/malate) 450 mg

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



Calcium with Vitamin D <sub>3</sub>	Quantity	Order Code
	180	CVD1

<sup>\*\*</sup>When providing adequate calcium throughout life as part of a well balanced diet.

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