

# WHOLEFOOD CALCIUM

## from Calcified Seaweed

P305



Wholefood Calcium is an organic seaweed product harvested from clean waters, off Ireland's South-West coast. It carries Organic Trust Certification and contains no additives. In addition to calcium, it also provides magnesium and trace levels of other minerals. The calcium in this product is particularly bio-effective, as it has spent many years in sea water, making it very soluble.

- Natural multi-mineral seaweed product harvested under an exclusive licence in the cool, clean, and pristine waters off the coast of Ireland, in an area untouched by international shipping and industry.
- The calcified seaweed has a porous and hydrolysed surface area because of years in the ocean and this helps it to be very soluble in the hydrochloric acid of the stomach.
- Increased amounts of calcium may be needed for women during pregnancy, lactation and for post-menopausal women.
- The seaweed we use for our Wholefood Calcium carries Organic Trust Certification and contains no additives.
- Certification: FDA GRAS; Kosher and Halal; produced in HACCP/ISO certified facilities.

## Product Information:

60 capsules = 30-60 days supply

## Permitted Health Claims:

Calcium contributes to:

- normal blood clotting, normal energy-yielding metabolism, normal muscle function, normal neurotransmission, function of digestive enzymes
- Calcium has a role in the process of cell division and specialisation
- Calcium is needed for the maintenance of normal bones and teeth
- Calcium helps to reduce the loss of bone mineral in post-menopausal women
- Calcium is needed for normal growth and development of bone in children

## Suitable for:

Men, women, and children (aged 4 and over)

## Form:

Capsule



### Wholefood Calcium

2 capsules provide on average:

Active Nutrient	Strength	%NRV+
Calcified Seaweed	1250mg	*
<i>Providing:</i>		
Calcium	400mg	50
Magnesium	28mg	7
+NRV = Nutrient Reference Value		
* Indicates no NRV		

**Ingredients:** Calcified seaweed (*Lithothamnium calcareum*) powder providing calcium, magnesium and trace levels of other minerals, hydroxypropyl methylcellulose (capsule shell).

**Suggested Intake:** 1-2 capsules daily as a food supplement or as directed by a practitioner.

**Allergen Advice:** None.

**Contraindications:** None.

**Storage:** Keep cool, dry & out of direct sunlight.

