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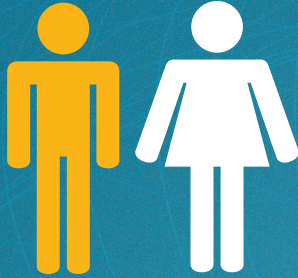
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AN ESSENTIAL BUILDING BLOCK TO GOOD HEALTH



1,000 MG/DAY

RECOMMENDED INTAKE OF CALCIUM
FOR BOTH MEN AND WOMEN

AGES 19-50

Magnesium

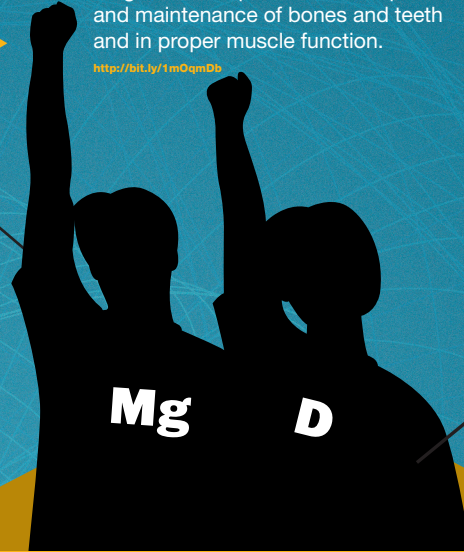
Magnesium helps in the development and maintenance of bones and teeth and in proper muscle function.

<http://bit.ly/1m0qmDb>

Sufficient vitamin D combined with calcium, a healthy diet and exercise may reduce the risk of developing osteoporosis. Vitamin D also helps in the development and maintenance of bones and teeth and helps the body absorb calcium

<http://bit.ly/1mhVmca>

Vitamin D



CALCIUM'S ALLIES

SUPPLEMENT
2 Capfuls



750 mg

MILK
(8 oz.)



300 mg

WHERE DO

YOU

GET YOURS?

YOGURT
(6 oz.) Plain



300 mg

SALMON
(3.5 oz.) Bones Included



240 mg

WOMEN & CALCIUM

28%

of women who suffer from a hip fracture will die in the following year

<http://bit.ly/1g6f1X0>

88%

of all fractures in Canada over age 50 are caused by osteoporosis

<http://bit.ly/1g6f1X0>

22%

lower risk of early death for women taking a calcium supplement

<http://bit.ly/1g6f1X0>

In clinical studies, women supplementing 500 mg of calcium twice daily **saw a decrease in fatigability and depression associated with PMS.**

<http://1.usa.gov/1uwEKkO>

Taiwan J Obstet Gynecol. 2009 Jun;48(2):124-9. "Effects of calcium supplement therapy in women with premenstrual syndrome." Ghanbari Z1, Haghollahi F, Shariat M, Foroshani AR, Ashrafi M.

1.4 million

Canadians 50+ have osteoporosis. Eighty percent of those are women.

Women are two times more likely than men to develop osteoporosis.