

## SUPER NATURAL CALCIUM +MAGNESIUM

## 100% PLANT DERIVED Calcium +MAGNESIUM

### Supplement Facts

Serving Size 1 scoop (6.28g) Servings per container about 30

Amount per serving	% Daily Value
Calories .....	5
Total Carbohydrate.....	1 g .....<1%**
Dietary fiber .....	<1 g .....2%**
Protein .....	<1 g .....1%**
Vitamin A (from plant carotenoids) .....	4.8 mcg .....1%
Vitamin C (from plants).....	0.2 mg .....0%
Calcium (from plants) .....	737 mg .....57%
Iron (from plants) .....	4.4 mg .....24%
Vitamin E (from plants).....	1.3 mg .....9%
Vitamin B1 (Thiamine) from plants .....	2.5 mg .....208%
Vitamin B2 (Riboflavin) from plants .....	0.02 mg .....2%
Vitamin B3 (Nicotinic acid) from plants.....	5 mg .....31%
Vitamin B6 (Pyridoxine) from plants .....	2 mg .....118%
Vitamin B5 (Pantothenic acid) .....	3.5 mg .....70%
Phosphorus (from plants) .....	10 mg .....1%
Magnesium (from glycinate 310mg; from plants 40mg).....	350 mg .....83%
Copper (from plants) .....	0.1 mg .....11%
Manganese (from plants) .....	0.04 mg .....2%
Molybdenum (from plants).....	10 mcg .....22%
Sodium (from plants) .....	10 mg .....0%
Potassium (from plants).....	55 mg .....1%

Hydrilla verticillata powder.....	2.31 g .....*
Magnesium (elemental from glycinate 20%)..	1.97 g .....*
Aquamin® calcified mineral source Red Algae Lithothamnion sp. ....	1.21 g .....*
Silicon (from plants).....	600 mcg .....*

\*\*Percent Daily Values are based on a 2,000 calorie diet

\*Daily value not established

**Other Ingredients** Citric Acid Powder (500mg), Yacon (Smallanthus sonchifolius) root powder (200mg), Natural Chai Cream Spice Flavor (55mg), Lo Han Guo 80% magroside extract (30mg)



## Plant-Based Raw Food

- ✓ From hydrilla verticillata and lithothamnion sp. calcareous algae
- ✓ Bioavailable, plant-derived calcium
- ✓ 700-800mg calcium per serving
- ✓ Use in hot or cold food or drink
- ✓ Powder fortified with magnesium

\*These statements have not been evaluated by the FDA.  
This product is not intended to diagnose, treat, cure or prevent any disease.

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Look What's Inside

Super Natural Calcium provides COMPLETELY natural calcium from two plants. It is a vegan-approved alternative to synthetic forms of calcium ubiquitous in the dietary supplement industry today.

The calcium in Super Natural Calcium is supplied by *Hydrilla verticillata*,

## Magnesium

Given the loss of magnesium in many of our common foodstuffs, we added magnesium (as magnesium diglycinate) to balance the calcium.

Taking in too much calcium without balancing magnesium can lead to painful muscle cramps.

**PLEASE NOTE:** only the powder formula has been updated to include magnesium at this time. The tablets will soon follow.

complexes within *Hydrilla*, and is condensed out of sea water into a protective mineral shell around the *Lithothamnium* algae.

As you can see from the supplement facts, *Hydrilla verticillata* endows Super Natural Calcium with more than just calcium. Vibrant Health's supplies of *Hydrilla* come from Florida, where the limestone rock underlying the state's thin sandy soil infuses the soil on the bottom of lakes with high levels of calcium. But a plant cannot live on calcium alone, and picks up and synthesizes other minerals and nutrients that enhance the overall nutritional value of Super Natural Calcium.

Calcium compounds synthesized for commercial use such as calcium citrate, calcium citrate/malate, calcium aspartate, calcium orotate and other forms (apart from carbonate) found in supplements can be excellent sources of calcium. Indeed, some are, with absorption rates in the vicinity of 30%. At those levels, they favorably match milk and

a rooted, freshwater plant that contains 15% elemental calcium on a dry weight basis, and by a calcareous algae from the ocean, *Lithothamnium* sp. Both ingredients provide calcium (Ca) as it is found in nature. It is bound to carbohydrates, proteins and polyphenols in natural molecular

dairy products, which usually deliver around 32% of their calcium (The benefit of dairy foods is often lost, nevertheless. They bring with them an acidic metabolic load that can drain the body of calcium, reversing any benefit of calcium absorption from dairy foods.) The most fundamental role of calcium is in collagen synthesis, along with help from dietary protein, vitamin C and zinc. Collagen is the most abundant protein in the body, binding cells together to form bones (35% collagen), organs, muscles, skin and more.

Bone is made up of both collagen and large, complex mineral crystals called hydroxyapatite. Calcium itself is so abundant within hydroxyapatite that it becomes a primary structural component of bone (39.9%). Calcium is, therefore, doubly important to skeletal health because it is required for the synthesis of collagen, and as a structural member of hydroxyapatite. Hydroxyapatite will not be formed in sufficient quantity to maintain healthy bone if calcium is under supplied. And without enough calcium, too little collagen will be formed, weakening bone structure further.

Calcium is needed by all humans, at all times, at all ages. Muscles cannot contract without calcium (just as they cannot relax without magnesium). You cannot walk, run or pump blood to your brain without calcium.

The many roles of calcium drive our daily dietary requirements to 1,000mg and beyond. Supplementation becomes a focus for women after age 30 and for men after 40, the ages where we slip into negative calcium balance (i.e. lose more calcium through the urine than is absorbed from food).



Try Super Natural Calcium powder in its NEW Natural Chai Spice Flavor and get 737mg of calcium in each small, 4.3 gram scoop. Or try Super Natural Calcium tablets, 120 per bottle, where just 4 tablets a day provide 844mg of calcium.

**Directions** As a dietary supplement, mix one (1) scoop (enclosed) daily or more as directed by a health professional into a beverage or food of your choice. Store in a cool, dry place. Keep out of reach of children. Stir briskly until mixed. If you are pregnant, planning to become pregnant, breast feeding, taking any prescription medication, or have a medical condition, consult your physician or healthcare professional before taking this product. Do not exceed recommended dosage.

*Delicious*  
*Chai Spice Flavor!*

