



# Coral Calcium with Vitamin D

*Nature's Harmony® uses only freshly harvested coral from the Japanese island of Okinawa. Marine coral contains a highly absorbable form of calcium within an optimal mix of trace minerals that are vital for bone health. Nature's Harmony® has added Vitamin D (cholecalciferol) to this formulation for optimal calcium absorption.*

PRODUCT CODE: 400700

## HEALTH SOLUTIONS:

| RECOMMENDED USE  | DOSAGE FORM | RECOMMENDATIONS  |
|--|-------------|--|
| Helps to prevent bone mass reduction and osteoporosis. | Capsule     | Take 1 capsule three times daily with food or as directed by a health care practitioner. |

## DESCRIPTION:

Nature's Harmony® Coral Calcium utilizes the type of coral recommended by leading nutritionists. Almost all coral calcium originates from Okinawa, where the coral sediment on the sea bed is collected by means of a unique underwater vacuuming operation that is actually beneficial to the remaining living coral.

**Recommended Daily Allowance:** Adults: 1,000 mg per day; adults over 50 years: 1,200 mg per day.

**Food Sources:** Dairy foods, leafy green vegetables, tofu, soy foods and canned salmon with bones.

**Causes of Deficiency:** Improper absorption of calcium, lack of a calcium-rich diet.

**Symptoms of Deficiency:** Osteoporosis, dental problems and hypertension.

**Complementary Nutrients:** Vitamin D, magnesium, boron.

## HOW IT WORKS:

Coral Calcium is a highly absorbable form of calcium that naturally balances your body's pH level to thwart disease, as well as assist in the proper function of enzymes and amino acids to improve overall health.

Calcium is a macro mineral; that is, the body needs large amounts of it to function well. It is essential for building and repairing bone, for healthy teeth and to maintain a regular heartbeat. It also helps muscles contract and relax, and it supports nerve function. Calcium also plays an important role in blood clotting and maintaining blood pressure. Taken at bedtime, calcium can promote sound sleep and ease night-time leg cramps.



## DID YOU KNOW...

*Orthopedic surgeons use coral in bone grafts as the body readily accepts it.*

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## RESEARCH:

Scientists have learned that calcium may help prevent osteoporosis, colon cancer and high blood pressure. It may also help ease symptoms of premenstrual syndrome. Research has made it clear that adequate calcium intake is important throughout life. Studies show that coral is naturally synergistic with the human body.

Research indicates that vegans may be less at risk to develop disease conditions, such as osteoporosis, due to their low-acid diet. Therefore, the natural low-acid coral calcium may be the ideal supplement to decrease the risk of developing osteoporosis.

## SIDE EFFECTS:





Coral calcium has no known adverse effects. Do not exceed 2,500 mg of calcium per day, obtained from both food and supplements. The most common side effects from excess calcium are kidney stones and indigestion.

## INTERACTIONS AND SAFETY CONSIDERATIONS:

Take this product two hours before or four hours after other medications.

Do not take with high-dose iron supplements as iron competes with calcium for absorption.

## LABEL:

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|  <p><b>Calcium de corail avec vitamine D</b></p> <p><b>Aide à prévenir l'ostéoporose et la réduction de la masse osseuse</b></p> <p><b>90 capsules</b><br/>NPN 80000835</p> | <p><b>Usage recommandé :</b> Aide à prévenir l'ostéoporose et la réduction de la masse osseuse.</p> <p><b>Dose recommandée (adultes) :</b> Prendre 1 capsule, trois fois par jour.</p> <p><b>Ingédients médicinaux :</b><br/>Chaque capsule contient :<br/>Calcium (carbonate de calcium dérivé du corail) ..... 120 mg<br/>Magnésium (carbonate de magnésium dérivé de corail et d'oxyde de magnésium USP) ..... 54 mg<br/>Vitamine D3 (cholecalciférol) ..... 5 mcg/200 IU</p> <p><b>Ingédients non médicinaux :</b> cellulose, dioxyde de silicium, stéarate de magnésium, gélatine.</p> <p><b>Information sur les risques :</b> Prendre quelques heures avant ou après avoir pris un médicament.</p> <p>Ce produit ne contient pas de maïs, ingrédients laitiers, oeuf, gluten, crustacés, soya, sulfites, ou colorants, arômes ou agents de conservation artificiels.</p> <p><b>RANGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE PORTÉE DES ENFANTS.</b></p> |  <p><b>Coral Calcium with Vitamin D</b></p> <p><b>Helps to Prevent Bone Mass Reduction and Osteoporosis</b></p> <p><b>90 Capsules</b><br/>NPN 80000835</p> | <p>Actual Size<br/>Grandeur réelle</p> <p>DO NOT USE IF SEAL UNDER CAP IS BROKEN.<br/>NE PAS UTILISER SI L'OPERCULE INTÉRIEUR EST BRISÉ.</p> <p><a href="http://www.naturesharmony.com">www.naturesharmony.com</a><br/>1-877-929-2548</p> <p> SunOpta Inc.<br/>4 Commerce Court<br/>Aurora, ON L7L 7K3<br/>A Proud Canadian Company<br/>Une compagnie canadienne fière de l'être.</p> <p><br/>F.P.O. - 80%<br/>UPC CODE TO BE: 0 83047 00709 5</p> <p>400700 01 008</p> |
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