

# Forever Calcium

## Description and Purpose

Calcium is the most common mineral found in your body, accounting for about 2% of your total weight. The majority of the calcium, 99%, is found in your teeth and bones, while the remainder is found in nerve cells, blood, body tissues and other body fluids. Long associated with the growth and maintenance of bones and teeth, calcium is also essential for the clotting of blood and the transmission of nerve impulses. Calcium is needed for our muscles to function and to release hormones, including insulin.

Calcium is the major mineral that helps strengthen bones. Children and teenagers especially need adequate calcium in their diets, as the pre-teen and teen years are when they maximise the calcium storage in their bones, which helps to prevent problems later in life involving a reduction in the amount of bone mass. This is true because peak bone mass and calcium content of the skeleton is reached during the teen years. Teens, especially girls, are at greater risk for developing weakened bones and having disabling injuries later in life. Bone calcium begins to decrease in young adulthood, and progressive loss of bone calcium occurs as we age, particularly in women. Adequate dietary calcium can help minimise this loss. A diet high in calcium appears to encourage the body to burn more fat and cuts the amount of new fat laid down by the body.

### At a glance...

- Made from ultra dense calcium citrate – metal free
- Four tablets daily provide 100% daily recommended requirement
- Combined with vitamin D and magnesium – essential for maximising calcium absorption
- Essential to maintain strong, healthy bones



## Formula Ingredients

Calcium citrate  
Magnesium oxide  
Cholecalciferol (vitamin D)

## Other Ingredients

Dicalcium phosphate, stearic acid, croscarmellose sodium, magnesium stearate, soy extract, citric acid, hydroxypropyl methylcellulose, natural flavour.

Each 1600mg tablet contains 250mg of calcium.  
Each 1600mg tablet contains 100mg of magnesium.

## Contents

90 tablets.

## Suggested Use

Take 3 to 4 tablets daily with water.

