

Calcium is an essential mineral needed for the maintenance of normal teeth and bones, but which also contributes to normal energy-yielding metabolism and muscle function. **Forever Calcium™** contains a high source of the mineral but it is also high in vitamin D and magnesium. Vitamin C, vitamin D, copper, and zinc contribute to the normal function of the immune system.

Use instructions: Take 4 tablets daily as a food supplement. Keep tightly closed in a cool dry place. Do not use if seal is broken or missing.

Warnings: Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Keep out of reach of young children.

Best before end: see bottom of container

FOREVER LIVING  PRODUCTS®

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foreverliving.com Made in USA



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FOREVER™



FOREVER®



Forever Calcium™

Food Supplement

90
Tablets

Net Weight: 98 g

Nutritional Values

Daily doses per container: 22

Per recommended daily dosage: 4 tablets

	Quantity	%RI*
Vitamin C	80 mg	100%
Vitamin D	5 µg	100%
Calcium	800 mg	100%
Magnesium	250 mg	67%
Zinc	6 mg	60%
Manganese	2 mg	100%
Copper	1 mg	100%

*RI = Reference Intake

Ingredients: Calcium (calcium bisglycinate, calcium citrate, calcium carbonate), magnesium (magnesium oxide, magnesium bisglycinate), stabiliser (microcrystalline cellulose), thickener (cross-linked cellulose gum), vitamin C (calcium ascorbate), anti-caking agents (stearic acid, silicon dioxide), coating-material [thickener (sodium carboxymethylcellulose), dextrin, dextrose, medium chain triglycerides, acidity regulator (trisodium citrate)], zinc (zinc bisglycinate), manganese (manganese bisglycinate), copper (copper bisglycinate), vanilla flavour, vitamin D (cholecalciferol).