

# Calcium!

***We just can't do without it!***

We know that Calcium is the most abundant mineral in the body. It accounts for 1 to 2 percent of adult human body weight. Over 99 percent of the total body Calcium is found in the teeth and bones. The remainder is present in blood extra-cellular fluid, muscle and other tissues. Research shows that Magnesium is also a mineral needed by every cell in your body. About half of your body's Magnesium is inside cells of body tissues and organs and half are combined with Calcium and Phosphorous in blood. Magnesium is needed for more than 300 biochemical reactions in the body. In a 2:1 ratio of Calcium to Magnesium, the combination has been shown to increase absorption. Recent research indicates that Vitamin D works well to aid in the absorption of Calcium.. increase bone strength and to maintain normal blood levels of the mineral Calcium.

*No 4*

## ***Calcium-Magnesium Chelate***

**Product Code 5060 – 180 tabs**

Variable dosage: Six tablets provide

**Calcium** (Amino Acid Chelate) 500 mg (50% RDA)

**Magnesium** (Amino Acid Chelate) 250 mg(62.5% RDA)

**Vitamin D** (Cholecalciferol) – 200 I.U. – 50.% RDA)

in an exclusive base of Wachters' Exclusive Blend of Sea Vegetation™, Carrot Powder and Chlorophyll.

**Other Wachters' Calcium supplements include No. 15 – Calcium-Magnesium Chelate Vitamin C Drink Mix, No. 60 – Chewable Calcium- Phosphorous; No. 64 – Select Cal 1000.**

These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure or prevent any disease.

**To Order - 1-800-682-7100**

**Wachters' Organic Sea Products, 550 Sylvan Street, Daly City, CA 94014**

**Website: [www.wachters.com](http://www.wachters.com)**

**Take a Wachters' Sea Vegetation Tablet Daily!**