

**Dietary Supplements**  
**Wachters' Organic Sea Products**  
**Product Specification Information**

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## **No. 15 - Calcium-Magnesium Vitamin C**

Product Code 5130 - 6 oz - 23 servings per bottle

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Your bones are living tissues and continue to change throughout life. During childhood and adolescence, bones increase in size and mass. Bones continue to add more mass until around age 30, when peak bone mass is reached. Peak bone mass is the point when the maximum amount of bone is achieved. Because bone loss, like bone growth, is a gradual process, the stronger your bones are at age 30, the more your bone loss will be delayed as you age.

Most of us are aware of the significant benefits of calcium and magnesium for strong bones. Furthermore, Calcium and Magnesium aid in the prevention of osteoporosis. Research has shown that Calcium and Magnesium improve iron utilization, cardiovascular health and muscle function.

### **Yet, 75% of Americans are Calcium Deficient!**

That's what the Surgeon General reports. More than 1 in 10 Americans either has, or is at risk for, developing osteoporosis. When our Calcium levels drop too low, it is "borrowed" from our bones and teeth

No. 15 – Calcium-Magnesium Vitamin C powder is another innovative Wachters' product in several ways.

- It's in powder form. Wachters' manufactures several Calcium products, but this unique "Cal-Mag-C" powder provides an easy way to add these nutrients to your diet without using tablets.
- The two basic minerals – Calcium and Magnesium – are in their most optimal relationship for effective use in the body.
- Vitamin D is included to increase the utilization of the minerals.
- Vitamin C is included to heighten the immune building properties of the formula.
- In addition the Wachters' Exclusive Blend of Sea Vegetation™ serves as a "sparkplug" for increased absorption into the body.
- And No. 15 sparkles with the taste of Natural Cherry Flavor, making it especially attractive to children of all ages.

If these 200,000,000 Americans knew how easy it would be to increase their Calcium intake, they would never have an excuse for being Calcium deficient. They would use Wachters' No. 15 - Calcium-Magnesium Vitamin C product

Count the ways you can use No. 15 - in a drink, in soups or on your food.

**Recommended Dosage:** As a dietary supplement, take one half (1/2) teaspoon twice a day with 8 oz of water or juice or sprinkle an equal amount into your soups, cereals, tea or any food.

### The Nutritional Functions of the Ingredients

Active Ingredient	Function
Calcium (Amino Acid Chelate)	<ul style="list-style-type: none"> <li>• 1000 mg – 100% RDV</li> <li>• Calcium is the most abundant mineral in the human body.</li> <li>• Calcium supports bone development.</li> <li>• Reduces age-related bone density loss.</li> <li>• Dietary calcium intake is considered a significant determinant of the change in bone mass in post-menopausal women.</li> <li>• Increasing intake may reduce typical premenstrual symptoms.</li> <li>• Helps in conducting neural impulses and assists in normal muscular functions</li> <li>• Helps promote shiny, healthy hair.</li> <li>• May support a healthy colon.</li> <li>• May counter the toxic effects of flurosis on teeth and bones.</li> </ul>
Magnesium (Amino Acid Chelate)	<ul style="list-style-type: none"> <li>• 400 mg. 100% RDV</li> <li>• Essential for both the functions of many enzyme systems and for neuromuscular transmission.</li> <li>• Plays roles in osmotic pressure maintenance, enzyme activation, muscular activity, energy metabolism, stabilization of nerve function and maintenance of bone structure.</li> <li>• Aids in calcium absorption and bone and teeth formation.</li> <li>• Essential for normal digestion.</li> <li>• Necessary for relaxing nerve impulses and muscle contractions.</li> </ul>
Vitamin C (as ascorbic acid)	<ul style="list-style-type: none"> <li>• 250 mg – 417% RDV</li> <li>• A water-soluble antioxidant.</li> <li>• Enhances immunity.</li> <li>• Minimizes cold symptoms</li> <li>• Aids in producing hemoglobin in red blood cells.</li> <li>• Speeds healing of wounds.</li> <li>• Promotes healthy gums..</li> </ul>
Natural Cherry Flavor	<ul style="list-style-type: none"> <li>• Just a hint of natural cherries perks up the flavor of No. 15.</li> <li>• This slightly sweet, tart and tantalizing taste adds a bit of fun and excitement.</li> </ul>

Wachters' Exclusive Blend of Sea Vegetation <sup>®</sup> ,	<ul style="list-style-type: none"> <li>• This trademarked blend of up to 15 different varieties of sea vegetation provides synergistic plant factors and minerals needed for energy metabolism by the body.</li> <li>• The best source of cell factors from the sea.</li> <li>• Contains 61 essential minerals and 25 vitamins and other food factors.</li> <li>• Activates other ingredients..</li> </ul>
Carrot Flour Powder	<ul style="list-style-type: none"> <li>• Excellent source of vitamin A.</li> <li>• Beneficial for ocular (eye) health, especially night vision..</li> <li>• Traditionally used to treat kidney and bladder problems.</li> </ul>
Chlorophyll.	<ul style="list-style-type: none"> <li>• May serve as a detoxifier.</li> <li>• Aids in reducing various body odors.</li> <li>• May act as a blood cleanser.</li> </ul>

**Other Wachters' Calcium products: No. 4 – Calcium-Magnesium Chelate; No. 60 – Chewable Calcium-Phosphorous; No. 64 – Select Cal 1000.**

Wachters' manufactures over 100 nutritional products, all containing the Wachters' Blend of Sea Vegetation<sup>®</sup>.. Only pharmaceutical grade ingredients are used. All tablet and powder products are made without heat or moisture.

Wachters' Organic Sea Products contain no preservatives, colorings, artificial flavorings, starch, yeast or animal products. No heat or chemical are used in preparation.

<p>These statements have not been evaluated by the Food and Drug Administration. These statements are not intended to diagnose, treat, cure or prevent any disease.</p>
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