

# IsaCalcium<sup>®</sup>

IsaCalcium<sup>®</sup> provides your body with the calcium it needs, as well as essential vitamin D and magnesium, for healthier and stronger bones.

## Reasons why IsaCalcium gives your body powerful nourishment:

- IsaCalcium contains over 1000 milligrams of calcium per scoop — that is more than three times the amount of calcium found in an 8-ounce glass of milk!
- Calcium is an essential nutrient and necessary to help build and maintain healthy teeth and bones. It also helps keep the heart, blood, nerves and muscles working correctly. A calcium deficiency in both men and women can lead to bone frailty, as well as osteoporosis. IsaCalcium is a convenient way for people to maintain healthy levels of calcium in the body.
- IsaCalcium contains vitamin D and magnesium, both of which are necessary for your body in order to form and maintain strong, healthy bones. IsaCalcium also contains Ionic Alfalfa<sup>™</sup>, our proprietary blend of minerals for optimum health.
- IsaCalcium comes in an easily absorbed, delicious, powdered mineral drink that can be added to water, juice or your IsaLean<sup>®</sup> Shake. IsaCalcium is also an excellent alternative for those who are lactose intolerant.



## Supplement Facts

Serving Size 1 scoop (14.5 g)  
Servings per Container 30

### Amount per Serving

Calories 45

	% Daily Value*
<b>Total Carbohydrate</b> 12 g	4%
Dietary Fiber 2 g	8%
Sugars 1g	
<b>Vitamin D<sub>3</sub></b> (as cholecalciferol) 680 IU	170%
<b>Calcium</b> (as lactate-gluconate) 1020 mg	102%
<b>Magnesium</b> (as oxide) 55 mg	14%

### Proprietary Blend 5,465 mg †

Natural vanilla flavor, natural strawberry flavor, honey, citric acid, Ionic Alfalfa<sup>™</sup> (*Medicago sativa*), boron citrate, Stevia leaf extract (*Stevia rebaudiana*), dextrose, Bamboo stem (*Bambusa vulgaris*), Horsetail plant (*Equisetum arvense*), bromelain (from *Ananas comosus*), lactase (from *Aspergillus oryzae*), lipase (from *Rhizopus oryzae*), cellulase (from *Trichoderma longibrachiatum*), protease (from *Aspergillus oryzae*), papain (from *Carica papaya*), alpha amylase (from *Bacillus subtilis*), acid-stable protease (from *Aspergillus niger*).

\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

# IsaCalcium®

## Frequently Asked Questions

### How is IsaCalcium different from other calcium products?

IsaCalcium contains over 1000 milligrams of calcium per scoop, or 102% of the daily value. IsaCalcium provides more than three times the amount of calcium found in an 8-ounce glass of milk, which only has about 300 milligrams of calcium. IsaCalcium also contains 170% of the daily value of vitamin D, as well as 14% of the daily value of magnesium. Vitamin D and magnesium aid in the absorption of calcium, which helps you form and maintain strong bones.

### How do I use IsaCalcium?

Mix 4 teaspoons with 4-to-8 ounces of water or juice. Drink one serving daily, preferable with a meal or added to your IsaLean Shake. IsaCalcium is best used as part of your Isagenix® program.

### Why is IsaCalcium important to the body?

Calcium is one of the most abundant mineral in the body; it plays an important role in building stronger, denser bones early in life and keeping bones strong and healthy later in life. In addition, calcium allows blood to clot, nerves to send messages, muscles to contract and other bodily functions.\* The majority of people do not get adequate calcium in their diets on a daily basis. The body also loses calcium every day through skin, nails, hair, sweat and waste. If our diet is lacking in calcium, our body will usurp the calcium in our bones. The human body cannot produce calcium on its own. Calcium is essential to maintaining total-body health in both men and women.

Benefits of IsaCalcium:

- Stronger, healthier bones\*
- May lower risk of colon/rectal illness\*
- Encourages overall greater health\*

### How much calcium should I be getting daily?

This depends on many factors, such as age, gender and bone mineral density. For most people, a daily intake between 1000-and-1500 milligrams of calcium is recommended. However, you should consult with your doctor before taking any nutritional supplement.

According to the National Osteoporosis Foundation, Minimum daily requirements for calcium are:

- Children (1-3 years) 500 milligrams
- Children (4-8 years) 800 milligrams
- Teenagers (9-18 years) 1300 milligrams
- Adults (19-49) 1000 milligrams
- Adults (50 and over) 1200 milligrams
- Pregnant & Breast-feeding Women (19 years and over) 1000 milligrams

Contact your Isagenix® Independent Associate:



\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any diseases.