

# Living Calcium Advanced

*Garden of Life*

- A comprehensive bone support formula that helps build and maintain good bone health.
- An excellent source of MCHA (Microcrystalline Hydroxyapatite) calcium, along with a broad spectrum of vital minerals and nutritional cofactors to help support healthy bone density.

## Living Calcium<sup>™</sup> Advanced

### Supplement Facts

Serving Size 6 Caplets

Servings Per Container 20

|  | Amount Per Serving | %DV      |
|--|--------------------|----------|
| Calories   | 15                 |          |
| Sodium   | 50mg               | 2%       |
| Total Carbohydrate   | 2g                 | 1%†      |
| Fiber  | 2g                 | 8%†      |
| Vitamin D <sub>3</sub> *   | 600IU              | 150%     |
| Vitamin K (Vitamin K <sub>1</sub> * and Vitamin K <sub>2</sub> )   | 125mcg             | 156%     |
| Vitamin B <sub>2</sub> *   | 10mg               | 588%     |
| Vitamin B <sub>6</sub> *   | 25mg               | 1,250%   |
| Folic Acid*  | 400mcg             | 100%     |
| Vitamin B <sub>12</sub> (methylcobalamin)  | 200mcg             | 3,333%   |
| Calcium (MCHA)   | 1,000mg            | 100%     |
| Iron (naturally occurring)   | 0.5mg              | 2%       |
| Magnesium (oxide and MCHA)   | 500mg              | 125%     |
| Zinc**   | 3mg                | 20%      |
| Copper**   | 1mg                | 50%      |
| Manganese**  | 1mg                | 50%      |
| Betaine  | 50mg               | +        |
| Boron**  | 3mg                | +        |
| <b>Bone Support Blend</b>  | <b>4,384mg</b>     | <b>+</b> |
| Calcium (MCHA), Poten-Zyme <sup>™</sup> Vitamin D, Vitamin K Complex (Poten-Zyme <sup>™</sup> Vitamin K <sub>1</sub> , Vitamin K <sub>2</sub> (as Natto))              |                    |          |
| <b>Vital Mineral Matrix</b>  | <b>946mg</b>       | <b>+</b> |
| Magnesium, Zinc Rice Chelate, Copper Rice Chelate, Boron Rice Chelate, Manganese Rice Chelate  |                    |          |
| <b>Homocysteine Balance Complex</b>  | <b>345mg</b>       | <b>+</b> |
| Betaine, Poten-Zyme <sup>™</sup> Vitamin B <sub>6</sub> , Poten-Zyme <sup>™</sup> Vitamin B <sub>2</sub> , Poten-Zyme <sup>™</sup> Folic Acid, Vitamin B <sub>12</sub> |                    |          |

**Other ingredients:** Microcrystalline cellulose, stearates (vegetable source), vegetable coating, sodium croscarmellose, probiotic cultures

**CONTAINS SOYBEANS**