

BONE STRENGTH TAKE CARE

New Chapter

Whole-Food Cal/Mag Vitamin D3 and K2 Complex

- **Bone-strengthening calcium your body recognizes as food**
- **With AlgaeCal®, a proprietary plant source of calcium**

Evidence suggests that calcium from whole food sources may produce more favorable effects in bone health than isolated calcium supplements.* Similar to most nutrients, the body can utilize calcium much more effectively when it is paired with its natural co-factors such as magnesium and other trace minerals.

New Chapter® is proud to deliver a calcium complex derived from whole food that delivers these key essential nutrients in their safest, most active form within the infinite complexity of whole food.

The most common form of calcium supplement today is derived from limestone. You don't eat rocks as part of your balanced diet, why would you choose to supplement your bone health nutritional needs with limestone?

Our bodies understand and seek whole food sources of nutrition, not rocks, which is why **New Chapter** formulated this product with a whole food plant source of this important nutrient complex. As whole food, it's easy on the digestive system.

The calcium complex in **Bone Strength Take Care™** is derived from a special form of plant called Algas Calcareas (**AlgaeCal®**) that is harvested from the pristine shores of a protected national reserve park in South America. Much like the vegetables from an organic garden, the algae is harvested live and then cold processed to retain its nutritional value.

Calcium must be completely dissolved in order to be absorbed. The plant-based

calcium found in **Bone Strength Take Care** is porous, which dramatically increases the calcium's surface area. Stomach acid can then come into greater contact with the calcium, making it easy to dissolve.

In addition to the whole-food source of calcium and magnesium, they have also added other bone-nourishing nutrients to complete the food complex.

Vitamin K is an essential co-factor in calcium absorption and retention. Human cell proteins that don't get enough Vitamin K can't hold onto calcium, causing this critical nutrient to drift away from the bone. Vitamin K2 (MK-7), sourced from fermented whole food, gently redirects lost calcium back into the bone bank.

Vitamin D3 completes the complex. Numerous studies have found that Vitamin D aids bone support and function.*

Suggested use

Take 3 tablets with 8 oz. of water in the middle of a larger meal. For best results, take one tablet with lunch and two tablets with dinner daily.

Supplement facts:

Three tablets contain

		%DV
Vitamin D3«	800 IU	200%
Vitamin K1 «	35 mcg	44%
Vitamin K2 (MK-7)«	70 mcg	88%
Calcium (from Algae r [Algas Calcareas])	685 mg	69%
Magnesium (from Algae r [Algas Calcareas])	200 mg	48%
AlgaeCal® Powder r (from Algae r [Algas Calcareas])	2400 mg	"
Strontium (from Algae r [Algas Calcareas])	5 mg	"
Silica (from Algae r [Algas Calcareas])	2 mg	"
Vanadium (from Algae r [Algas Calcareas])	60 mcg	"

" Daily Value not established

« Nutrients are cultured in organic media that may contain: organic milled soy, organic yeast (*Saccharomyces cerevisiae*) a natural source of PABA and SOD, organic maltodextrin, organic gum acacia, organic orange and lemon peel -

natural sources of bioflavonoids, organic carrot powder, organic alfalfa powder, enzymes and *Lactobacilli* (*L. acidophilus*, *L. bifidus*, *L. rhamnosus*).

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Other ingredients: Organic barley grass, organic gum acacia, modified cellulose, and silica.

Contains: Fermented soy.

Naturally gluten free.

Caution: *As with any dietary or herbal supplement, you should advise your health care practitioner of the use of this product. If you are nursing, pregnant, or considering pregnancy, you should consult your health care practitioner prior to using this product.*

* 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.