

SUGGESTED USE Consume two capsules daily or as recommended by your physician. Calcium is best absorbed when you consume *no more than 500 mg* of Calcium at once. For best results, take this product with food containing a small amount of fat or oil. As with any dietary supplement, this product is most effective as part of a healthy diet and active lifestyle, along with a daily multi-vitamin-mineral formula. **For questions about the use of this product call 800.808.7311.**

WARNING Unless directed by a physician, Vitamin K is not for use with any anticoagulant drugs (Coumadin, Warfarin, Heparin, etc). If you have ever experienced any blood clotting abnormalities, consult with a health professional before using this or any Vitamin K-containing product.

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ULTIMATE CALCIUM- MAGNESIUM INTENSIVE CARE™

with **VITAMINS D3 & K2 MK-7 100**

GENTLE, ULTRA-SOLUBLE CALCIUM-MAGNESIUM
UNSURPASSED SUPPORT FOR HEALTHY BONES



250 Easy-to-Swallow Capsules

Andrew Lessman's ULTIMATE CALCIUM-MAGNESIUM INTENSIVE CARE WITH VITAMINS D3 AND K2 MK-7 100 is designed to be the most sophisticated skeletal support supplement available. Each easy-to-swallow capsule contains an ultra-fine and easy-to-absorb powder that is gentle even to the most sensitive stomachs. It is ideal for those seeking a comprehensive Calcium formula, with Magnesium, Vitamin D and Vitamin K2 MK-7, while avoiding the unpleasant problems of large, hard-to-digest, rock-hard Calcium tablets. Sadly, Calcium, Magnesium, Vitamin D and Vitamin K2 are all lacking from our diet and low intakes of Vitamin D and Vitamin K2 MK-7 make what little Calcium we consume even more difficult to absorb and utilize. The inadequate intake of these essential nutrients poses a critical threat to not only our skeletal health, but also to the health of our body's most vital organs and systems, including our heart and circulatory system. Calcium, Magnesium, Vitamin D and Vitamin K2 are critical at all stages of life, but as we get older, the role of these essential nutrients only increases, yet their availability and utilization only declines with age, making supplementation even more important. We ensure the optimum absorption and utilization of our Calcium by delivering it as an ultra-soluble powder, along with Magnesium and Vitamins D and K2. Our **Ultimate Calcium-Magnesium Intensive Care** is the most sophisticated and comprehensive Calcium and skeletal support supplement made, yet it is just as gentle as it is powerfully effective.

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.

CONTAINS NO Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens or manufacturing additives.

CONTAINS NO ADDITIVES OF ANY KIND.

Supplement Facts

Serving Size 2 Capsules Servings Per Container 125

Amount Per Serving	%DV*	
Vitamin C (as calcium ascorbate/ascorbyl palmitate)	30 mg	33%
Vitamin D3 (as cholecalciferol)	25 mcg (1,000 IU)	125%
Vitamin K2 MK-7 (as menaquinone-7)	100 mcg	83%
Vitamin K1 (as phytonadione)	50 mcg	42%
Calcium (as calcium citrate/carbonate/ascorbate)	400 mg	31%
Magnesium (as magnesium oxide)	200 mg	48%
Boron (as boron glycinate)	1,000 mcg	†

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Gelatin capsule.