

A LIQUID REVOLUTION in Bone Health!

- A premium, combination of **CALCIUM AND MAGNESIUM** specifically balanced for **BONE HEALTH****
- Premium brand-name ingredients:
 - **GloCal® Calcium**
 - ✓ neutral pH, super solubility
 - ✓ excellent bioavailability
 - **Natural Calm® magnesium**
 - ✓ the best-selling magnesium supplement
 - ✓ pH-balanced, super solubility
 - ✓ excellent bioavailability
- A combination of bone-strengthening nutrients:
 - ✓ **Vitamins A, D₃, B₆, C, K₂, folic acid**
 - ✓ **Minerals in ionic form:**
zinc, copper, manganese
potassium, boron
- Easily absorbed and assimilated
- Certified organic stevia and organic agave nectar

MADE WITH *Natural*
CALM

The best-selling magnesium supplement

A portion of the profits from the sale of Peter Gillham's Natural Vitality products goes to our

NATURAL REVITALIZATION
environmental action initiative to benefit
Conservation International (www.conservation.org)
and **Remineralize the Earth** (www.remineralize.org).



Supplement Facts

Serving Size: 1 capful (1 fl oz / 30 ml) Servings per Container: 30

Amount per Serving		% Daily Value
Calories	18	
Total Carbohydrates	4.5 g	1.5%†
Sugars	2 g	
Vitamin A (as retinyl palmitate, beta carotene (50%))	5,000 IU	100
Vitamin C (as ascorbic acid)	200 mg	333
Vitamin D ₃ (as cholecalciferol)	400 IU	100
Vitamin K ₂ (as menaquinone)	90 mcg	112
Vitamin B ₆ (as pyridoxine HCl)	50 mg	250
Folic Acid	200 mcg	50
Calcium (as calcium lactate gluconate, GloCal®)	500 mg	50
Magnesium (as magnesium citrate)	600 mg	150
Zinc (as zinc lactate gluconate)	10 mg	67
Copper (as copper gluconate)	1.5 mg	75
Manganese (as manganese gluconate)	10 mg	500
Potassium (as potassium citrate)	150 mg	4
Boron (as boron citrate)	3 mg	*

* Daily Value not established

† Percent Daily Values based on a 2,000-calorie diet

Other ingredients: triple-filtered purified water, vegetable-source glycerin, organic agave nectar, xanthan gum, citric acid, potassium sorbate and sodium benzoate (to preserve freshness), organic stevia extract, natural flavors.

VEGETARIAN FORMULA. CRUELTY FREE. ALLERGEN FREE.
CONTAINS NO YEAST, DAIRY, EGG, GLUTEN, WHEAT, SUGAR, STARCH, SOY OR ARTIFICIAL COLOR OR FLAVOR. NO ADDED FRUCTOSE.

Peter Gillham's
NATURAL VITALITY

Feel healthier—be happier!

For more information, visit www.petergillham.com.

Available at

**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.

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Premium
Liquid
cal-mag
balanced for
bone health

Great
orange-
vanilla
flavor

LIQUID REVOLUTION



BONE HEALTH SUPPORT

A premium balanced formula
of Calcium

Natural Calm® Magnesium
Vitamins and Ionic Minerals

Natural Orange-Vanilla Flavor

30 fl oz (887 ml) • Dietary Supplement



We hear a lot about calcium and how important it is to our bones. But what we don't hear is that the balance of calcium and magnesium is a critical factor not only to bone health but to overall health in general. Magnesium helps the body absorb and transport calcium into the bones and makes bones stronger and more flexible. Approximately 50 percent of total body magnesium is found in bone.

According to the National Institutes of Health, Office of Dietary Supplements, "Some evidence suggests that magnesium deficiency may be an additional risk factor for postmenopausal osteoporosis. This may be due to the fact that magnesium alters calcium metabolism and the hormones that regulate calcium. Several human studies have suggested that magnesium supplementation may improve bone mineral density to a greater degree than a lower magnesium intake. Diets that provide recommended levels of magnesium are beneficial for bone health."**

Many experts agree that the majority of the population don't meet the minimum daily requirement for magnesium in their everyday diets. Magnesium supplementation is the way to balance calcium intake (from diet and/or dietary supplements) and to maintain a healthy level of magnesium—required for over 300 of the body's biochemical processes. It is important to note that this applies to both women and men. Statistically, one in two women and one in four men over age 50 will have an osteoporosis-related fracture in their future. The total annual bill for osteoporotic fractures alone is estimated to be \$30 billion.

The Liquid Revolution

No matter how good the vitamins or mineral supplements are that you start with, they are only as good as they are *bioavailable*. Supplements must be absorbed

and *assimilated into the body* and be *available* at the proper area in order to be of use. All pills and capsules have to dissolve into liquid form *before* they can be absorbed and assimilated. Some people with weaker digestive systems (and digestive ability often weakens with age) don't fully break these down and the result is only partial or no absorption, so the pill or capsule doesn't do much, if any, good.

At Natural Vitality we begin with liquid. There is nothing to break down. The nutrients are naturally engineered for bioavailability. For those who have trouble taking pills and capsules, a liquid avoids this problem altogether. You also get fast action, as you don't have to wait for supplements to be digested.

Premium Quality Ingredients

Osteo Calm is designed around top brand-name ingredients. We use GloCal® calcium. It has solubility (which means it goes into solution in liquid) and bioavailability significantly superior to many other forms of calcium, such as calcium carbonate.

Our magnesium is *Natural Calm*®, the best-selling magnesium in the natural products market for three years running. It also is super soluble (both *Natural Calm* and GloCal will go clear when mixed in water) and has excellent bioavailability.

Vitamins to Support Bone Health

Along with vitamins A, C, B₆ and folic acid, two vitamins stand out as having an important role in bone health.

Vitamin D₃ is essential for the efficient use of calcium by the body. According to the National Coalition for Osteoporosis and Related Bone Diseases, "Vitamin D is necessary for the absorption of calcium....For bone health in particular, calcium partners with vitamin D;

a deficiency of either can contribute to the mechanism of bone loss."

Vitamin K₂ is needed for proper bone formation. It helps put calcium in the bones rather than in your artery walls (where you don't want it).

All minerals in *Osteo Calm* that contribute to strong bones are in ionic form (having molecular charge that allows the element to readily bond with water) for better absorption. These include zinc, copper, manganese, potassium and boron.

Convenient and Tasty



Osteo Calm is formulated for effectiveness but also to be a convenient and enjoyable experience. Simply mix a half capful with an equal amount of water. Most people comment on its natural orange-vanilla flavor. There's no sugar or fructose added—simply organic agave nectar and organic stevia. There are

also none of the binders or fillers used in pills and capsules.

We suggest starting with ½ capful and gradually increasing to ⅓ capful twice a day, then working up to ½ capful twice daily. Because magnesium can have a mild natural laxative effect (which is good news for many who experience constipation), you can judge the optimal amount when bowels are comfortably loose.

Your body needs calcium, magnesium and vitamin D every day. We hope you'll find *Osteo Calm* a pleasant way to help you feel healthier and be happier.

