

# Calcium from Milk

Much more than just calcium. It's total bone nutrition!



Nutritionists agree that dairy products are the best source of calcium. While other calcium sources come from chalk, rocks, bones or shells, we use Mother Nature's first source of calcium, milk. That is why Immunotec's Calcium from Milk is a superior product.

This supplement provides far more than just calcium, it's a "milk mineral complex", containing all the elements needed for optimal bone health. These include magnesium, phosphate, potassium, iron, copper, zinc, and vitamin D. All of these nutrients have their own function in bone growth and play many other roles in your health.

**Calcium.** From the source that provides nature's best calcium, milk! Each serving provides 500 mg of milk-derived calcium that is the perfect form and amount to supplement a healthy diet.

**Vitamin D.** Vitamin D is a vitally important nutrient for human health. It helps us absorb and use calcium.

**Magnesium.** Magnesium is not only important for teeth and bones, but plays a role in many chemical reactions in the body.

**This chart compares the mineral composition of human bone to that of Calcium from Milk**

Mineral	Bone	Immunotec Calcium
Calcium	25%	24%
Phosphate	50%	48%
Magnesium	0.37%	1.5%
Potassium	0.7%	0.8%
Zinc	0.009%	0.008%
Copper	0.0005%	0.0004%

## BENEFITS

- Calcium intake, when combined with sufficient vitamin D, a healthy diet and regular exercise, may reduce the risk of developing osteoporosis.\*
- Calcium, magnesium and vitamin D are factors in the normal development and maintenance of bones and teeth, as well as in the maintenance of good health.\*
- Vitamin D helps in the absorption and use of calcium and phosphorus.

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

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