

## ELITE CALCIUM BONE STRENGTH



ELITE CALCIUM BONE STRENGTH is an advanced formulation that helps to support the health and mineralisation of bones while also maintaining healthy muscle function. Formulation contains vitamin K2 in the form of menaquinone 7.



High strength calcium citrate + D3



Support bone health



Support bone mineralisation



Can also assist maintaining healthy muscle function



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### DELIVERY SYSTEM

90 film-coated tablets

### DOSAGE

One (1) tablet per day or as directed by your healthcare professional.

### DIETARY INFORMATION

Vegan. Free from gluten, dairy, nuts, soy & egg.

### VEGAN

#### Each film coated tablet contains

Calcium citrate tetrahydrate equiv. calcium	<b>1376 mg</b> <b>290 mg</b>
Colecalciferol equiv Vitamin D3	<b>25 mcg</b> <b>1000 IU</b>
Menaquinone (vitamin K2) (MK-7)	<b>90 mcg</b>



## CALCIUM CITRATE + D3 + K2

The health of the skeletal system is a critical part of the overall health of the athletic population. To prevent bone stress injuries in athletes, striking the right balance of adequate calcium and vitamin D intake between exercise and nutrition are necessary.

### ► CALCIUM CITRATE

BONES | BIOAVAILABILITY | MINERAL

Calcium citrate is a readily digested and absorbed form of calcium, a mineral that is necessary for the maintenance of bone health.

### ► VITAMIN D3

BONES | ABSORPTION | MINERAL

Elite Calcium is formulated using calcium citrate a superior absorption of calcium into in the body.

### ► VITAMIN K2

BONE | BALANCE | VITAMIN

Menaquinone 7, is the highly absorbable form of vitamin K2. The addition of vitamin K balances and optimises calcium usage as it promotes arterial flexibility by preventing the accumulation of calcium in the cardiovascular system. This function promotes enhanced distribution across the body and into bones.

*If symptoms persist, consult a healthcare professional. Vitamin supplements should not replace a balanced diet. Do not use if seal is broken. Store below 30°C.*

**BANNED  
SUBSTANCE  
TESTED**



**PILLAR**  
PERFORMANCE