

This medicine has not been evaluated by SAHPRA and is not intended to diagnose, treat, cure or prevent any illness. First consult a doctor if you are on prescribed medication.

Die medisyne is nie deur SAHPRA geëvalueer nie en is bedoel om te diagnoseer, behandel, oënskynlik of geneses te bring.

5ml powder (1 teaspoon) contains:
(approximate values)
Calcium citrate / mineral / vitamin complex:
1000 mg calcium = 400mg elemental calcium
400 mg magnesium = 132 mg elemental magnesium
115 mg sodium / potassium electrolytes
30 mg vitamin C
10 mg zinc gluconate + 1 mg copper AAC
1.5 mg boron
2 mg vitamin B6 + 2.5 mcg vitamin D3
Homeopathic tissue salts D6: calc phos, calc sulph, nat phos, kali mur, nat sulph, nat mur, calc fluor

No animal components, wheat, lactose, yeast, sugar, flavouring, colours, stimulants, pesticides or GMO.
Bevat geen koring, melksuiker, glis, suiker, geurmiddels, kleur, opkikker, plaagdoders, GMO of oënskynlik.



CALCIUM & MAGNESIUM COMPLEX POWDER



Calcium, magnesium, boron, vitamins and tissue salts help to improve absorption

Proudly made in South Africa

I am your new tamper evident security container

Economy pack
Tablets are also available in the same formulation

For more information scan the QR code above or visit:
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300g



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Average daily dose for 60-80kg adult.
1 x 5ml flat teaspoon at bedtime, mixed with 50ml milk or water. (But not mixed with other medications.)
An extra dose can be taken in the morning to improve calcium metabolism and to help to detoxify and alkalize.

Serving suggestions:
Delicious hot - with xylitol, cocoa powder and boiling water or cold - mixed with yoghurt and in smoothies.

Gemiddelde daaglikse dosis vir 60-80kg volwassene:
1 x 5ml teelepel om sloop tyd, gemeng met 50ml melk of water. (Maar nie saam met ander medikasies.)
U kan 'n ekstra dosis in die oggend neem, om kalsium metabolisme te verbeter en om te detoksifiseer.

NF 010 CALCIUM COMPLEX 300g powder = 100 x 5ml doses. Pack height: 11 cm NEW secure-pack for extra protection
New inner pack: Easier to use Ziploc pouch and compressed powder. (Easier to mix, so you use less.)

Adequate calcium, magnesium, boron, zinc, potassium, copper and trace elements are essential for health and vitality. NATURE FRESH CALCIUM COMPLEX incorporates these minerals with vitamins, biochemical tissue salts and citric acid in proportions closest to those present in human bone tissue. (See disclaimer on the label.)
A pH balance of 7 (neutral) ensures easy assimilation and also helps to eliminate toxins. If too alkaline, calcium tends to upset the flow of gastric juices and may cause heartburn.
Calcium and magnesium perform over 300 metabolic functions in your body. Dark field blood analysis shows a direct improvement within a few days. Deficiencies result in: tooth and gum disorders, osteoporosis, heart disease, irritability, insomnia, depression, cramps and arthritis.
It promotes strong, hard finger nails; a good, peaceful night's sleep and keeps cramps and restless legs at bay. A bedtime dose of a level teaspoon in a little water is the best time, as it assists the removal of toxins and heavy metals and calms down an overactive brain! No flavours, lactose, colourants or sweeteners.

Related products:

