

Per 5ml powder (1 teaspoon):
(approximate values)

Calcium citrate / mineral / vitamin formulation:
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
3 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, calc fluor

No animal components, wheat, lactose, yeast, sugar,
flavouring, colours, stimulants, pesticides or GMO.

Bevat geen koring, melksuiker, gis, suiker, geurmiddels,
kleur, opkikker, plaagdoders, GMO of diersoederdele.

This medicine has not been evaluated by the Medicines
Control Council and is not intended to diagnose,
treat, cure or prevent any illness.
Die medisyne is nie deur die Mediese Beheerraad
gevalueer nie. Die medisyne is nie bedoel om te
diagnoseer, behandel, voorkom of enige slette toestand

NATURE FRESH
CALCIUM
& **MAGNESIUM**
COMPLEX POWDER



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

Average daily dose for 60-80kg adult.

1 x 5ml (heaped teaspoon) at bedtime, mixed with
50ml milk or water.

For children 20-40kg give 2-3ml (½ adult dose).

An extra dose can be taken in the morning to improve
calcium metabolism and to help to detoxify and alkalize.

Gemiddelde daaglikse dosis vir 60-80kg volwassene:

1 x 5ml (opgehoopte teelepel) by slaaptyd, gemeng
met 50ml melk of water.

Vir kinders: 20-40kg gee 2-3ml (½ dosis volwassene).

U kan 'n ekstra dosis in die oggend neem, gemeng met
jogurt, smoothies of melk om kalsium metabolisme te
verbeter en om te detoksifiseer en alkalise.



Economy pack
Tablets are also available
in the same formulation

For more information scan the
QR code above or visit:

www.naturefresh.co.za

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300g



NF 010 CALCIUM COMPLEX 300g powder = 100 x 5ml doses. Pack height: 10.3 cm

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 heaped 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.

New inner pack: Easier to use Ziploc pouch and compressed powder.

Related products:

Slimming (1)

Sexual health (1)

Olive leaf supplements (2)

Calcium Supplements (2)



NF 045



NF 043



NF 025



NF 033



NF 012



NF 010