

**Traditional herbal products - never tested on animals.**

**This product and information have not been evaluated by SAHPRA.** They should therefore not be used to diagnose or treat any disease, or replace professional medical advice. To ensure appropriate medical care, report ailments/symptoms to your doctor or health practitioner. Don't not stop taking your prescription medications or combine with other treatments unless advised to do so by a medical practitioner. Therapeutic effects may vary according to the unique constitution or condition of a patient. Read the ingredient lists and instructions.

## NF 012 CALCIUM COMPLEX - 100 tablets Pack height 9cm

Convenient tablets, same formulation and balanced pH (7 – neutral) The powder and tablets have been used, tested and recommended by top SA doctors, therapists and gynecologists to treat cramps, osteoporosis and systemic acidity (Live blood analysis proves this). Also for general aches and pains, weak fingernails, loose teeth, weakened thyroids, high blood pressure, diabetes and sleeping problems. Good for restless legs and to calm down the brain.

Controlling blood pressure: Magnesium is also called a calcium channel blocker and this combination of calcium, magnesium, boron and tissue salts helps to prevent the tightening of blood vessels and helps to control hypertension - without the expense and side effects of patent medications. The Olive leaf and Calcium complex is a more specific combination for this and many other ailments.

Magnesium opposes excitatory chemicals like MSG and calcium channels in the brain to facilitate our thinking and memory recall. They are partnered with magnesium in the neural synapses to prevent cortisol from blocking the receptors. When this happens, as it does when we are tense (magnesium deficient), memory cuts out and this is why both MSG (and calcium) accumulate in the brain. It is important to maintain the correct ratio between them.

[MSG Excites Us, But How About Glutamine and Glutamate? - Free Online Library \(thefreelibrary.com\)](http://thefreelibrary.com)

[How a Magnesium Deficiency Affects Diabetes and Cardiovascular Diseases - InfoBarrel](#)

**Related products – especially olive leaf**

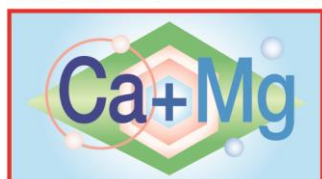


### Approximate value for 5 tablets:

1000mg Calcium citrate (400mg elemental calcium)  
400mg Magnesium complex (132mg elemental magnesium)  
115mg Electrolytes (sodium/potassium)  
30mg Vitamin C, 3mg Boron, 10mg Zinc gluconate, 1mg Copper, 2mg Vit B6, 2,5 mcg Vit D3, Lactose free tissue salts x D6: Calc Phos, Calc Sulph, Nat Phos, Kali Mur, Calc Fluor. To assist with calcium balance and rapid uptake.

This medicine has not been evaluated by the Medicines Control Council. It is not intended to diagnose, treat, cure or prevent any illness.

*Hierdie medisyne is nie deur die Medisyne Beheerraad geëvalueer nie. Dit is nie bedoel om te diagnoseer, behandel, voorkom of enige siekte te genees nie.*



**100 VEGAN-FRIENDLY TABLETS**  
NO: Lactose, Wheat, Sugar, Yeast, Flavour, Colour, Stimulant or Animal Product.

### Average daily dosage:

Adults 60 - 80 kg: 5 tablets at bedtime is best  
Children 20 - 40kg: 3- 5 tablets  
8 months - 1 year: 1 - 3 tablets  
Do not take within 2 hours of other medications that may be nullified.

### Gemiddelde daaglikse dosis:

Volwassenes 60 - 80 kg: 5 tablette by slaptyd is die beste.  
Kinders 20 - 40 kg: 3 - 5 tablette  
8 maande - 1 jaar: 1 - 3 tablette  
Nie binne 2 ure van ander medisyne wat hierdie produkt kan deaktiveer.

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