

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 medications.

Die medisyne is nie deur SAHPRA geëvalueer nie en is nie bedoel om te diagnosteer, behandel, of voorkom of genees enige siekte nie. Soek mediese raad as U medikasies neem.

**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, gis, suiker, geurmiddels, kleur, opkikker, plaagdoders, GMO of diereonderdele.



I am your new tamper evident security container

## Economy pack

Tablets are also available in the same formulation

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 daagliks dosis vir 60-80kg volwassene:

1 x 5ml teelepel om slaaptyd, gemeng met 50ml melk of water. (Maar nie saam met ander medikasies.)

U kan 'n ekstra dosis in dieoggend neem, om kalsium metabolisme te verbeter en om te detoksifiseer.



300g



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