



# SeaCal

## Exceptional Calcium Formulation With Mineralized Seaweed

Code: 123 ..... 90 caplets

### DIRECTIONS

Take three caplets daily. For best results, take separately, between meals or at bedtime.

INGREDIENTS Serving Size: 3 Caplets	Per Serving	% Daily Value
Calcium (as Mineralized Seaweed)	673 mg	67
Calcium (as Di-calcium phosphate)	336 mg	22
Phosphorous (as Di-calcium phosphate)	264 mg	33
Soy Concentrate (2 - 2.5 Isoflavones)	150 mg	*
Boron (as Boron Chelate)	3 mg	*
Japanese Teasel Root	30 mg	*
Drynaria Root	30 mg	*
Chlorogenic Acid	10 mg	*
Magnesium Oxide	800 mg	120
Zinc as Glycinate	5 mg	33
Vitamin B6 as Pyridoxine HCl	4 mg	200
Riboflavin	3.4 mg	200
Copper as Glycinate	500 mcg	25
Biotin	100 mcg	33
Vitamin D (as Cholecalciferol)	400 IU	100

Calcium RDA from Mineralized Seaweed and Di-calcium phosphate is 100%

\* Daily value not established

Other ingredients: Micro-crystalline Cellulose, Silica, Cross Carmellose Sodium, Stearic Acid, Magnesium Stearate.

### LEARN TO READ LABELS CORRECTLY!

ForMor's label illustrates how much elemental calcium is available from the calcium source. If an label show the ingredient, and then its source in parenthesis, like:

Calcium (as calcium citrate) 100 mg

You are reading the actual weight of the ingredient available.

Labels may also display an ingredient for any number of purposes as follows:

Calcium citrate 100 mg

**THE DIFFERENCE:** Calcium citrate yields 21% elemental calcium by weight, so 100 mg. of calcium citrate would supply 21 mg. of elemental calcium. To get 100 mg. of elemental calcium from calcium citrate requires 476 mg. of calcium citrate!

**UNDERSTANDING CALCIUM** and how the body uses it is simple, yet important. Calcium is essential for cell function, muscle contraction, transmission of nerve impulses and blood clotting. Calcium is regularly transported via the bloodstream to parts of the body that require it. The bones serve as a storage site for calcium, and continually supply calcium to the bloodstream as needed for the body. At the same time our bones are supplying the bloodstream with calcium, our bodies are suppose be reabsorbing and replacing calcium through our diet. Often, we don't get enough!



### SUCCESSFUL CALCIUM ABSORPTION is

complicated as calcium is difficult for the body to absorb. Calcium must be dissolved by acids and absorbed in the stomach and small intestine. As we get older, stomach acidity decreases, making absorption of calcium even harder.

**SEVERAL KEY NUTRIENTS** create the optimum synergy needed to absorb calcium. Many supplements fall short here. For instance, many formulas have just vitamin D and Magnesium, and don't include ingredients which research now shows to be necessary, like Phosphorous and Boron. SeaCal offers this and more to enhance bioavailability. Read the labels to see the difference.

**MAGNESIUM** is a critical mineral, too. Studies show that 60% of Americans are magnesium deficient. Magnesium is the fourth major mineral, (after Ca, Na and K) and the second most abundant within the cells (after K). More than 300 enzymatic reactions depend on the presence of magnesium.

**OSTEOPOROSIS** occurs gradually, and is the result of our bodies not absorbing enough calcium to replenish our bone's supply. Osteoporosis is the result of an extended calcium-deficient diet, often starting in a person's twenties. Unfortunately, an x-ray cannot confirm bone loss until it reaches 30 to 40%. Calcium is absolutely critical to strong, skeletal health, and it makes sense to supplement calcium every day. Calcium supplementation fights Osteoporosis.

**CALCIUM SOURCE** is important. Different sources of calcium yield different absorption, and some are more soluble in the digestive tract than others. SeaCal uses a unique mineralized seaweed, which is rich in other naturally occurring minerals and beneficial trace elements, unlike many inorganic calcium supplements. ForMor's mineralized plant source calcium is carefully prepared to exacting specifications, providing optimum absorption, and has proven more soluble in the pH of the stomach than both Calcium Carbonate and Oyster Shell sources. ForMor International believe SeaCal is the best calcium supplement that money can buy!

www.formorcentral.com www.formorintl.com ForMor-On-Demand™ 732-463-6400 doc. 123

*"These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease."*