

Supplementing
the Essentials

Calcium Complex

HiCal MZ

Calcium Carbonate 600mg

Magnesium Oxide 200mg

Zinc Sulphate 10mg

Vitamin D3 240IU

Vitamin K2 25mcg

Support your Bones today

They will support you tomorrow



*This product is registered
Enlistment No. 00124.0004*

**HI-GRADE**

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CALCIUM

A sufficient intake of calcium is important as it helps the body to

- maintain healthy bones • mediate blood vessel function and nerve impulse transmission
- absorb and use other micronutrients such as vitamin D, vitamin K, magnesium and phosphorus.

The European Food Safety Authority (EFSA), has confirmed that clear health benefits have been established for the dietary intake of calcium in contributing to:

- the maintenance of normal bones and teeth • normal muscle function and neurotransmission;
- normal blood clotting • normal energy metabolism • the normal function of digestive enzymes.

VITAMIN D

A sufficient intake of vitamin D (calciferol) is important as it helps the body to

- maintain healthy blood levels of calcium and phosphorus • build and maintain healthy bones
- control cell division and specialization • modulate the immune system.

The European Food Safety Authority (EFSA), has confirmed that clear health benefits have been established for the dietary intake of vitamin D in contributing to:

- the maintenance of normal bones and teeth • the normal function of immune system and healthy inflammatory response • the maintenance of normal muscle function
- normal absorption/utilization of calcium and phosphorus and maintenance of normal blood calcium concentrations • normal cell division

MAGNESIUM

A sufficient intake of Magnesium is important as it helps the body to

- use carbohydrates and fats for energy generation
- conduct nerve impulses, muscle contraction and normal heart rhythm
- regulate calcium, copper, zinc, potassium and vitamin D levels

The European Food Safety Authority (EFSA), has confirmed that clear health benefits have been established for the dietary intake of Magnesium in contributing to:

- electrolyte balance • normal energy-yielding metabolism • normal muscle function including the heart muscle • normal nerve function • normal cell division • the maintenance of normal bones
- the maintenance of normal teeth • normal protein synthesis.

ZINC

A sufficient intake of zinc is important as it helps the body to

- immune function • protein synthesis • wound healing • DNA synthesis • Cell Division
- tasting and smelling • normal growth and development during pregnancy, childhood and adolescence

The European Food Safety Authority (EFSA), has confirmed that clear health benefits have been established for the dietary intake of zinc in contributing to:

- a normal function of immune system • normal DNA synthesis and cell division
- the protection of cell constituents from oxidative damage • the maintenance of normal bone
- cognitive function • fertility and reproduction • metabolism of fatty acids, • acid base metabolism
- metabolism of vitamin A • the maintenance of normal vision, skin, hairs and nails



DIRECTIONS

On Tablet daily with a main meal. Swallow with water not to be chewed. Do not exceed the recommended intake.

