Product description: We have taken the guesswork out of choosing a supplement to support your bone health by blending key ingredients such as vitamin D, K and calcium with carefully selected nutritional cofactors that are known to be essential for healthy bones. However, we have taken this a stage further by using the highly stable and absorbable MK-7 form of vitamin K (microencapsulated K2VITAL® Delta) alongside a plant derived source of calcium (Aquamin™). Known for its purity, Aquamin (TM) also contains naturally occurring trace elements and sea minerals. For best results, use Calci-D-Min as part of a healthy diet and lifestyle.

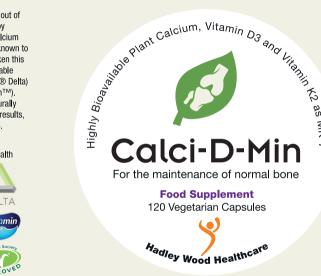
Instructions: Unless otherwise advised, take up to 2 capsules twice daily with food, or as directed by a health professional.

Contact Details: Hadley Wood Healthcare Ltd.

Tel: 0800 783 0163 www.hhcproducts.co.uk







Supplement facts: Serving size: 4 capsules, Servings per container: 30

Ingredients per 4 capsules	Amount	% RDA
Natural calcium from Aquamin™	600mg	75%
Magnesium (80% citrate, 20% from Aq	uamin™) 250mg	67%
Phosphorus (tri calcium phosphate)	100mg	14.2%
Vitamin C (calcium ascorbate)	100mg	125%
Vitamin B6 (as pyridoxine HCI)	25mg	1785%
Betaine HCI	20mg	
Zinc (as zinc gluconate)	10mg	100%
Boron (as sodium tetra borate)	2mg	*
Natural silicon (from bamboo)	2mg	*
Copper (as copper gluconate)	1mg	100%
Folic acid	800µg	200%
Vitamin K2 (all-trans K2 as Menaquinon	ı=7) 120μg	150%
Vitamin D3 (cholecalciferol)	25µg (1000iu)	250%
Vitamin B12 (methylcobalamin)	20µg	2000%

^{*} No established RDA

Non-Active ingredients: Plant cellulose, cellulose (HPMC) capsule shell Aquamin™ is a trademark of Marigot Ltd

K2VITAL® Delta is a registered trademark of Kappa Bioscence AS

Free from: Salt, Starch, Wheat, Maize, Gluten, Lactose, Yeast, Dairy products, Artificial Preservatives, Dyes or Colours

Notes: Contains Vitamin K, do not use if taking Warfarin or other anti-coagulant medication. If pregnant, nursing or taking any medication or have a medical condition please consult your health practitioner or doctor before taking any food supplement.

For batch number and sell by date see base of tub.