

**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:**


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[www.hhcproducts.co.uk](http://www.hhcproducts.co.uk)




Highly Bioavailable Plant Calcium, Vitamin D3 and Vitamin K<sub>2</sub> as MK-7



# Calci-D-Min

For the maintenance of normal bone

**Food Supplement**  
120 Vegetarian Capsules



**Hadley Wood Healthcare**

**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 Aquamin™)	250mg	67%
Phosphorus (tri calcium phosphate)	100mg	14.2%
Vitamin C (calcium ascorbate)	100mg	125%
Vitamin B6 (as pyridoxine HCl)	25mg	1785%
Betaine HCl	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-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 Bioscience 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.