



"The Perfect Calcium."

Recommended by  **W. Gifford-Jones, MD**
Follows the guidelines of the W. Gifford-Jones MD Philosophy for Natural Health
www.docgiff.com

CERTIFIED

...for
your
bones.



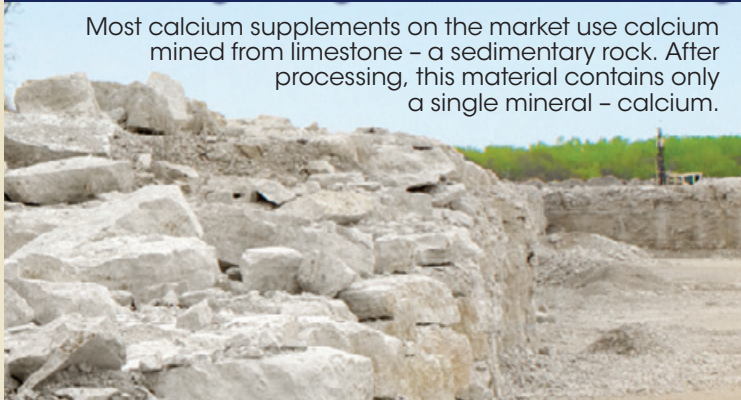
A safe, new calcium source to maintain bone health and prevent osteoporosis

NEW!

Certified Naturals™ Plant-Source Calcium Magnesium Plus K₂
Now available in capsules

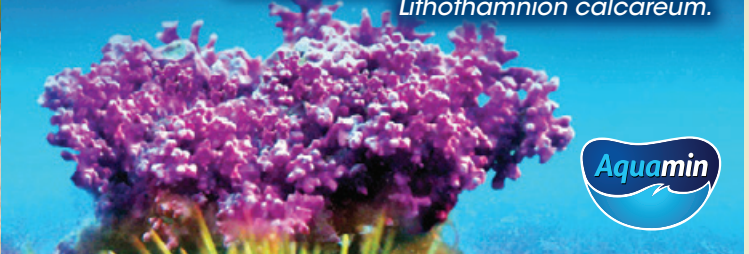


How would you like your calcium? Rock... or plant?



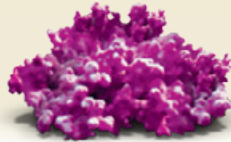
Most calcium supplements on the market use calcium mined from limestone – a sedimentary rock. After processing, this material contains only a single mineral – calcium.

Aquamin™ is a plant-source calcium that is more easily absorbed by the bones and contains 73 additional minerals to work with calcium in the human body. Aquamin™ is a food source calcium and mineral complex made from the Icelandic algae *Lithothamnion calcareum*.



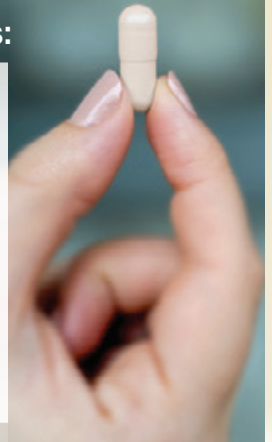
Why Aquamin™ plant-source calcium?

- Aquamin™ is a whole food source of calcium that is not mined from limestone. It is sourced from the red-algae plant named *Lithothamnion calcareum* that grows off the clean, coastal waters of Iceland. Researchers in recent calcium studies advise that humans are best to get their calcium through food sources – Aquamin™ is ideal for this recommendation.
- Aquamin™ contains a complex of 74 minerals, including supplemental levels of calcium and magnesium. Thirteen key minerals for bone health are found in Aquamin™.
- Aquamin™ material is sustainably harvested under strict controls established by the Icelandic government for extraction methods and quotas.
- Aquamin™ has undergone multiple clinical studies at daily doses of 800 mg per day of calcium, showing promise in the areas of bone health, joint health and digestive health.



Certified Naturals™ Plant-Source Calcium Magnesium Plus K₂ Capsules:

- Easier to swallow than large calcium tablets
- Convenient for travel
- Two capsules, twice daily delivers the clinically studied dose of Aquamin™ (800 mg)
- Also features fortified levels of magnesium, potassium, boron, zinc, vitamin D and the important bone ingredient vitamin K₂ (MK-7 form source from natto) to prevent arterial plaque build-up from calcium.



Recommended use: Calcium intake, when combined with sufficient Vitamin D, a healthy diet and regular exercise may reduce the risk of developing osteoporosis. Helps in the development and maintenance of bones and teeth. Helps to maintain proper muscle function, including the heart muscle. Helps in energy metabolism, tissue formation and bone development. Helps to prevent vitamin D deficiency. Maintains healthy hair, skin and nails. Helps to maintain/support immune function.

Recommended dose: Adults: Take 2 capsules 2 times daily or as directed by a health care practitioner. Take with food a few hours before or after taking other medications or natural health products.



Medicinal ingredients: Each vegetable capsule contains:

Calcium (Aquamin™*)	200 mg
Magnesium (Aquamin™*, oxide)	67 mg
Potassium (citrate)	10 mg
Zinc (citrate)	2.5 mg
Boron (citrate)	175 mcg
Vitamin D ₃ (cholecalciferol)	250 IU/6.25 mcg
Vitamin K ₂ (menquinone-7)	10 mcg

*Aquamin™ is a marine-sourced calcium and magnesium derived from the red-algae *Lithothamnion calcareum* of Iceland.

Non-medicinal ingredients: Colloidal silicon dioxide, microcrystalline cellulose, vegetable grade magnesium stearate and hypromellose (vegetable capsule).

Risk information: Consult a health care practitioner prior to use if you are taking blood thinners.

KEEP OUT OF THE REACH OF CHILDREN. Do not use if under cap safety seal is broken.

Free from artificial flavours, artificial colours, gluten, wheat, lactose, dairy, yeast and GMO materials.



Certified Naturals™ is a new line of supplements that selects only the world's best clinically proven natural ingredients. Ingredients that deliver health results. These formulas are Certified...for your health.

www.certifiednaturals.ca



ITEM	UPC	Product
1917	6 28341 62101 4	Certified Plant-Source Calcium Magnesium Plus K2 Capsules 120's

Also Available:

1904	6 28341 62100 7	Certified Plant-Source Calcium Magnesium (Cherry) Liquid 450 ml
1905	6 28341 62103 8	Certified Plant-Source Calcium Magnesium (Orange) Liquid 450 ml

Minimum six units for shipping due to glass packaging.

To Order: Hedley Enterprises Ltd.

1-888-292-5660

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www.hedleynutritionals.ca