



NATURE'S SUNSHINE

Sea Calcium (Nature's)

GOOD FOR

Musculoskeletal System

Digestive System

Gums

SIZE **120 Capsules**

ITEM # **1577**

SERVING **1**

SUPPLY **30–40 days**

DIRECTIONS FOR USE Take 1 capsule with a meal three to four times daily.

— How the Key Ingredients Work

Sea Calcium brings together marine-sourced calcium and magnesium with FOS, a gentle prebiotic fiber, so your body can actually absorb and use what you're taking. It's a thoughtfully paired formula designed to support strong bones, healthy muscles, and a well-nourished gut all at once.

Calcium — Calcium is the main building block your bones and teeth are made of — more than 99% of the calcium in your body lives right there in your skeleton. Getting enough every day helps keep bones dense and strong, supports healthy muscle contractions, and keeps nerve signals moving smoothly throughout your body. It's especially important during childhood and the teenage years when the body is laying down peak bone mass, but adults of every age benefit from steady, reliable calcium intake.

Magnesium — Think of magnesium as calcium's essential partner. It helps guide calcium into the bones where it belongs and plays a role in hundreds of processes your body runs every single day — from producing energy and supporting a calm, steady mood to keeping your muscles relaxed and your heart rhythm regular. Many people don't get quite enough magnesium from food alone, making it a valuable addition to any bone-support formula.

FOS (Fructooligosaccharides) — FOS is a naturally occurring prebiotic fiber that feeds the beneficial bacteria living in your gut. When those friendly bacteria ferment FOS, they create short-chain fatty acids that gently lower the pH in your colon — and that slightly more acidic environment actually helps calcium and magnesium dissolve more readily so your body can absorb more of both minerals. Human studies have shown improved calcium absorption in adolescents and postmenopausal women when FOS is part of the picture, making it a smart companion to the minerals in this formula.

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