



NATURE'S SUNSHINE

Coral Calcium

GOOD FOR

Musculoskeletal System

Digestive System

Connective Tissue

SIZE **75 g**

ITEM # **1873**

SERVING **1 scoop**

SUPPLY **62 days**

DIRECTIONS FOR USE Mix 1 rounded scoop (included) in 8 oz. of water or other beverage.

— How the Key Ingredients Work

Coral Calcium brings together two of the body's most essential minerals — calcium and magnesium — in a formula designed to support strong bones, steady nerves, and overall daily wellness. Together they work as natural partners, each reinforcing the other so your body gets the most from every serving.

Calcium — Calcium is the most abundant mineral in the human body and the primary building block of your bones and teeth. Getting enough calcium is especially important during childhood and the teenage years, when the body is laying down the strong bone foundation it will rely on for life. Research shows calcium supplementation can meaningfully support bone mineral density, particularly in people under 35 who are still building their peak bone mass. Beyond the skeleton, calcium plays an active role in nerve signaling and muscle function — it is involved every time a muscle contracts or a nerve sends a message. For people whose digestive health makes absorbing nutrients harder, such as those managing celiac disease, maintaining adequate calcium intake becomes even more important, since poor absorption in the gut can quietly chip away at bone strength over time. Coral calcium delivers this essential mineral in a form sourced from natural coral, providing calcium carbonate alongside a natural trace mineral profile.

Magnesium — Magnesium is the fourth most abundant mineral in the human body and a quiet powerhouse behind hundreds of the body's everyday processes. It supports healthy energy metabolism, helps muscles relax after they contract, and plays a meaningful role in keeping nerves calm and steady. Research links low magnesium levels to increased feelings of stress and anxiety, and multiple clinical studies suggest that supplementing magnesium can offer modest but real support for a calmer, more balanced mood — particularly in people whose magnesium levels are already running low. Magnesium also contributes to bone integrity, making it a natural partner for calcium in a bone-support formula. Studies have shown that magnesium supplementation can support healthier, more flexible arteries, which matters for long-term cardiovascular wellness. On the stress side, magnesium helps regulate the body's stress-response system — chronic stress can actually deplete magnesium levels, so replenishing it regularly helps break that cycle. Magnesium also supports the body's antioxidant defenses; low levels are consistently associated with higher oxidative stress, meaning the body's cells face more wear and tear without enough of it.

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