



NATURE'S SUNSHINE

Calcium Plus Vitamin D

GOOD FOR

Musculoskeletal System

Connective Tissue

Hair, Skin & Nails (Integumentary)

SIZE **150 tablets**

ITEM # **3243**

SERVING **1**

SUPPLY **50 days**

DIRECTIONS FOR USE Take 1 tablet with a meal three times daily.

— How the Key Ingredients Work

Calcium Plus Vitamin D brings together a carefully chosen team of nutrients that work hand in hand to keep your bones strong, your muscles moving smoothly, and your body feeling its best every day. Each ingredient plays its own important role, and together they support the kind of whole-body wellness that lets you live life fully.

Calcium — Calcium is the star mineral your bones and teeth are literally built from — more than 99% of the calcium in your body lives right there in your skeleton. Getting enough calcium every day helps maintain bone density, supports healthy muscle contractions, and keeps nerve signals firing the way they should. It's the foundation this formula is built on.

Vitamin D3 — Think of vitamin D3 as the key that unlocks calcium's full potential. Your body can't absorb and use calcium properly without it. Beyond bones, vitamin D3 also helps keep your immune system balanced and your mood on an even keel — and since many people don't get enough sun, supplementing is a smart everyday habit.

Phosphorus — Phosphorus is the second most abundant mineral in your bones, working right alongside calcium to give your skeleton its strength and structure. It also plays a central role in how your cells make and use energy, helping power everything from muscle movement to clear thinking. Adequate phosphorus is recognized by major health organizations as essential for healthy bones and teeth.

Magnesium — Magnesium is a quiet workhorse that supports hundreds of processes in the body. It helps your muscles relax after they contract, supports a calm and steady nervous system, and even plays a role in keeping your arteries flexible and healthy. Research also links good magnesium levels to better stress resilience and a more balanced mood — making it a valuable partner to calcium in this formula.

Alfalfa — Alfalfa has been called the 'father of all foods' for good reason — this ancient plant is packed with natural vitamins, minerals, and plant compounds that complement the core nutrients in this formula. It brings antioxidant support through flavonoids and vitamins C and E, and has a long traditional history of being used to nourish the body and support overall vitality. It rounds out the formula beautifully.

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