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Editor-in-Chief Bruce A. Watkins

Proper calcium levels are vital and necessary for every cell in your body since calcium is needed to promote strong bones, strong teeth, healthy hair, healthy nails, proper muscle, nerve and blood function and may even help promote weight loss. Plus, calcium aids in the prevention of osteoporosis, osteomalacia, osteopenia, insomnia, PMS, high blood pressure and over 200 other diseases or disorders.

**The benefits of Genuine Coral Calcium** have been reported in such prestigious publications as **Nutrition Research** (Dr. Takashi Sugisaki) and **The Miracle Elements** (Dr. James Chappell).

*Okinawan Coral Calcium Plus is Genuine Coral Calcium!*

**The Miracle Elements:**  
Fossilized Stony Coral Minerals  
by  
James Chappell, D.C., N.D., Ph.D., M.H.

"Balance is the key to health and longevity"

Unlike many coral calcium products on the market, our Okinawan Coral Calcium not only contains 72 Trace Minerals but is also fortified with **100% of the Recommended Daily Value of vitamin D** and has a perfect **2:1 balance of Calcium/Magnesium**.

**My Nutrition Source's  
Coral Calcium Plus**

**To Order Call:  
888-327-0206**

**Or Visit:  
www.MyNutritionSource.com**

## The Bio-Availability of Coral Calcium Plus is Outstanding!

Calcium is one of the most important minerals for the health of your body. Calcium is best known for it's ability to protect against osteoporosis and certain cancers but the fact is that ***this single mineral positively influences multiple thousands of biological actions every second.***

Even though most people realize the necessity of having enough available calcium for the body to work with, those who supplement their diet with the mineral often do so with inferior forms of calcium. *Bioavailability is a term that describes the amount of a substance that the body can actually take advantage of once it has been ingested.* The following list compares the bioavailability of a few of the more popular forms of calcium supplements available today with coral calcium.

- **Calcium Carbonate** provides about 40 mgs of useable calcium per 1 gram serving.
- **Calcium Phosphate** provides about 39 mgs of useable calcium per 1 gram serving.
- **Calcium Lactate** provides about 122 mgs of useable calcium per 1 gram serving.
- **Calcium Citrate** provides about 105 mgs. of useable calcium per 1 gram serving.
- **Coral Calcium Plus** provides about 228 mgs. of useable calcium per 1 gram serving!

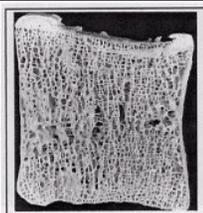
The reason for Coral Calcium Plus's superior bioavailability is in part due to the fact that it is naturally ionized (each calcium particle being only several microns in size). This means that your body doesn't have to work as hard to break it down into a useable form.

### Vitamins Are Useless Without Minerals

One of the most important aspects of coral calcium is that it provides your body at least **72 trace minerals**. Without the proper balance of minerals, your health will suffer. The fact is that without minerals, vitamins cannot perform the functions they were designed for. As always, the body seeks a healthy balance and coral calcium helps to provide that balance naturally!

### Coral Calcium Plus Contains 72 Minerals

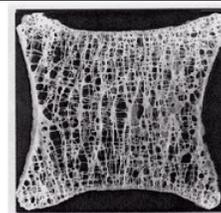
Aluminum	Hafnium	Rubidium
Antimony	Holmium	Ruthenium
Arsenic	Indium	Samarium
Barium	Iodine	Scandium
Beryllium	Iridium	Selenium
Bismuth	Iron	Silicon
Boron	Lanthanum	Silver
Bromine	Lead	Sodium
Cadmium	Lithium	Strontium
Calcium	Lutetium	Sulfur
Carbon	Magnesium	Tantalum
Cerium	Manganese	Tellurium
Cesium	Mercury	Terbium
Chloride	Molybdenum	Thallium
Chromium	Neodymium	Thorium
Cobalt	Nickel	Thulium
Copper	Niobium	Tin
Dysprosium	Osmium	Titanium
Erbium	Palladium	Tungsten
Europium	Phosphorus	Vanadium
Fluoride	Platinum	Ytterbium
Gadolinium	Potassium	Yttrium
Gallium	Praseodymium	Zinc
Germanium	Rhenium	Zirconium
Gold	Rhodium	



Healthy Bone



Unhealthy Bone



### Osteoporosis and Calcium

***It is very important to note that coral calcium alone will NOT prevent osteoporosis.***

Your body requires high doses of both calcium and magnesium (along with various other minerals and vitamins) to prevent the development of bone disorders.

***If you know anyone who is worried about developing osteoporosis, order this calcium TODAY!***

**Call: 888-327-0206**

**Or Visit: [www.MyNutritionSource.com](http://www.MyNutritionSource.com)**