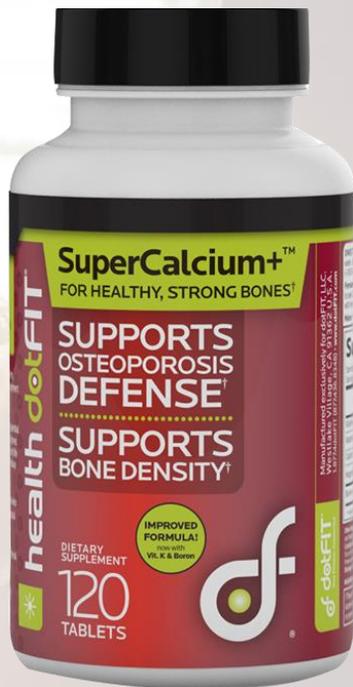


# dotFIT SuperCalcium+



## Supplement Facts

Serving Size: 1-2 Tablets  
Servings Per Container: 60 to 120

	Amount 1 tablet	% DV	Amount 2 tablets	% DV
Vitamin D (as Cholecalciferol)	200 IU	50%	400 IU	100%
Vitamin K (as phytonadione K1 and menaquinone K2)	30 mcg	38%	60 mcg	75%
Calcium (as carbonate)	500mg	50%	1,000 mg	100%
Magnesium (as oxide and citrate)	125 mg	32%	250 mg	63%
Boron (as Sodium Borate)	1 mg	**	2 mg	**

\*\* % Daily Value not established.

## Who is this for?

- Individuals who do not consume the recommended daily amount of this essential mineral, which is 1,000-1,200 mg. (ex. 1 cup of milk contains 300 mg)
- Most American do not consume adequate amounts of calcium and other bone building nutrients contained in this formula.
- Bone building years stop at approximately ages 25-30, and consuming adequate calcium helps to maintain bone mass.
- Calcium is also critical for muscle contraction and other functions. Insufficient intake results in the breakdown of bone, which can lead to osteopenia, osteoporosis and related fractures.

## What makes this product unique?

- Calcium carbonate has the highest calcium content by weight and has superior absorption when taken with food.
- Contains cofactors needed to maximize calcium absorption and support bone health: Vitamin D3, Vitamin K (1 & 2), magnesium and boron.
- Complements any of the dotFIT multivitamin and mineral formulas, keeping total intake in the safe and recommended nutrient range.

## How should I take this?

- Take one (1) tablet per day with food