

Where's the Calcium in YOUR Diet?

How much calcium does *your* body need?

<i>Your Age</i>	<i>Amount of Calcium per Day</i>
0 to 6 months	210 mg
6 to 12 months	270 mg
1 to 3 years	500 mg
4 to 8 years	800 mg
9 to 18 years	1,300 mg
19 to 50 years	1,000 mg
Over 50 years	1,200 mg

A cup of milk or fortified orange juice has about 300 mg of calcium.

Source: Surgeon General



Tastes Great!

Item# 13209 - 32 fl. oz.

Item# 10109 - 1 oz. Samples - 50 ct.

We all know how essential calcium is for the repair and development of our bones and teeth! However, bone—the living tissue that provides structural support for muscles and protects vital organs—is not the only element of our body that benefits from proper calcium consumption. Calcium is also important for the support of nerve function, muscle contraction, blood clotting, and proper heart function! Youngevity's® Majestic Earth® Osteo fx™ was developed to meet the U.S. daily requirements for people over the age of 50, with 1,200 mg of calcium and the co-factors necessary to help your body better absorb and retain calcium. Give your body the bone-building and health-promoting support it requires with Osteo fx™!


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