



## Calcium Lithothamnium Capsules

Food supplement  
vegan

**Good to know:** Food-supplement with the important mineral nutrient Calcium, obtained from a purely natural source. *Lithothamnium calcareum* is the melodious name of an unique seaweed from the family of the red algae, that grow among others at the coast of the Glénan Islands in western Brittany. The special feature of this algae is its ability to collect and accumulate in the mineral-rich sea water naturally occurring substances, especially calcium. In the course of time the Lithothamnium algae takes on a light red till white, coral-like look. Among other things, calcium has an essential share in the formation of the inorganic substance of the bones and teeth. Calcium also has a role to play in cell division and the metabolic energy and a healthy muscle function. The Lithothamnium powder we use is called „Fine Fleur“, because of its very fine quality.

Each capsule contains 610 mg Lithothamnium calcareum powder, corresponding to 180 mg of pure calcium.

### Ingredients:

Lithothamnium Calcareum Powder (75 %), Hydroxypropylmethylcellulose, bulking agent Microcrystalline Cellulose, separating agent Magnesium Stearate.

	per capsule	per daily dose (=5 capsules)	% of the recommended daily intake according to h NRV*
Calcium	180 mg	900 mg	112

\*NRV = Nutrient reference value for the daily intake according to VO (EU) No. 1169/2011

### Recommended use:

Take 4-5 capsules daily unchewed with sufficient liquid with the meals. It is recommended to take Calcium Lithothamnium capsules regularly over a long period of time.

Keep out of direct sunlight. Store dry and not above 25°C.

Food supplements should not be used as a substitute for a varied and balanced diet and do not replace a healthy lifestyle. Keep out of the reach of young children. The recommended daily dose should not be exceeded.

### Contents 120 capsules = 96 g

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