

# Xtra-Cal

Calcium is required for healthy bones, teeth and skin, yet few adults obtain enough through their daily diets. Xtra-Cal assists with promoting strong bones and includes Vitamin D and Magnesium, for better calcium absorption and utilisation.

# Herbalife

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**Magnesium**

**Bone Support**

**Vitamin D**

## What are the key ingredients?

- Calcium
- Magnesium
- Vitamin D

## How does it benefit you?

- Xtra-Cal contains several other specially chosen vitamins and minerals to benefit skeletal health by providing nourishment for the bones.
- To become less susceptible to osteoporosis, cut down coffee intake to two cups a day, exercise for 30 minutes every other day and ensure Calcium intake is adequate (at least 1000mg daily).
- Calcium may help prevent osteoporosis when dietary intake is inadequate.
- A diet deficient in calcium can lead to osteoporosis in later life.

- Includes Vitamin D and Magnesium for better Calcium absorption and utilisation.
- Can provide the Calcium needed for strong and healthy bones.

## How do I take it?

Take one tablet three times per day with meals.

## Who is it suitable for?

Those who want to support healthy development and maintenance of strong bones.

## You might also want to try

Formula 1 Nutritional Shake Mix and Joint Support.

Always read the label – use only as directed. Vitamins can only be of assistance if the dietary vitamin intake is inadequate.

To learn more, visit [Herbalife.com.au](https://www.Herbalife.com.au)

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