

Xtra-Cal

Protection for your bones!*

Calcium is an essential mineral the body needs for strong bones and teeth. In addition, calcium encourages a strong, steady heartbeat, keeps blood pumping efficiently and maintains nerves and muscles. In short—calcium pretty much helps keep your whole body working the way it should!

Your body's entire skeletal system and your teeth are composed of calcium. If your body isn't getting enough calcium through your diet, it will take what it needs from your bones to make up for it. Over time, this process can lead to osteoporosis, a crippling disease that can make bones very fragile and more susceptible to fracture.

As you age, your body stops producing bone and may begin to lose it. To maximize your peak bone density, make sure you get plenty of calcium, magnesium and vitamin D now, with Xtra-Cal!*

It's never too late to start increasing your calcium intake. For people in their 40s and 50s, increasing calcium levels can help you maintain the bone you have.* Xtra-Cal offers one of the most concentrated forms of calcium available in a tablet. It also is formulated with other vitamins and nutrients, including magnesium and vitamin D, that can promote healthy bones and skeletal health.* Three tablets supply 100 percent of the U.S. Percent Daily Value of calcium intake for men and women over 40.

Discussion points

- Bone up on calcium: Calcium is essential to the health of bones, teeth and skin, yet few adults get enough of it in their diets.* Three Xtra-Cal tablets a day supply 100 percent of the U.S. Percent Daily Value for calcium intake.*
- Ward off weak bones: To help prevent bone weakness and osteoporosis in the future, make sure you're getting plenty of calcium now. Bone development slows down around age 30 and bone strength continues to decrease throughout the rest of your life. Increasing calcium intake is health maintenance for bones and teeth.*
- Combine with other products: Xtra-Cal can be used in conjunction with the Thermojetics® Weight-Management Programs and Herbalife's entire line of nutritional products to boost your overall nutrient intake-including calcium.

Did You Know?

More than 28 million Americans are afflicted with osteoporosis. Although mainly considered a female problem, men are also vulnerable to osteoporosis and should make sure they consume enough calcium to ward off future bone loss.

Magnesium is a mineral needed by every cell of your body. About half of your body's magnesium stores are found inside cells of body tissues and organs, and half are combined with calcium and phosphorus in bone. Only one percent of the magnesium in your body is found in your blood. Magnesium helps maintain normal muscle and nerve function, keeps heart rhythm steady, and bones strong. It is also involved in energy metabolism and protein synthesis. Although magnesium is present in many foods, such as spinach, nuts, seeds, and some whole grains, it usually occurs in small amounts. As with most nutrients, daily needs for magnesium cannot be met from a single food.

Fast Facts

- Xtra-Cal is one of the most concentrated forms of calcium available in a tablet.
- Vitamin D is essential for the absorption of calcium.
- Three tablets supply 100 percent of the U.S. Percent Daily Value of calcium intake for men and women over the age of 40.
- Includes supplemental magnesium, which is important for the optimal effect of calcium on bone health.*

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



SUPPLEMENT FACTS

Serving Size: 1 tablet
Servings per container: 90 tablets

	Amount Per Serving	% Daily Value*	Value*
Total Carbohydrate			<1 g <1%
Vitamin A (as retinyl acetate)			834 IU 17%
Vitamin C (as ascorbic acid)			20 mg 33%
Vitamin D (as ergocalciferol)			30 IU 8%
Vitamin E (as d-alpha tocopheryl acetate)			10 IU 33%
Calcium (as calcium carbonate and citrate)			334 mg 33%
Magnesium (as magnesium oxide and citrate)			134 mg 33%
Zinc (as zinc gluconate)			1.7 mg 11%
Copper (as amino acid chelate)			167 mcg 8%
Manganese (as amino acid chelate)			0.7 mg 35%
Exclusive Blend			31 mg
Horsetail Herb (stem)			†
Glutamic Acid Hydrochloride			†
Kelp (<i>Fucus vesiculosus</i>)(leaves)			†
Licorice Root (roots)			†
Sarsaparilla Powder (root)			†
Spirulina Algae (whole)			†

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Silicon Dioxide, Croscarmellose Sodium, Betaine Hydrochloride, Magnesium Stearate, Hydrogenated Vegetable Oil, Stearic Acid, Microcrystalline Cellulose, Hydroxymethylcellulose, Triethyl Citrate and Carnauba Wax.

Suggested Serving: Take one tablet three times a day with meals as a dietary supplement.

Ordering Details

#0020

\$10.25