



# The Ultimate Calcium Mineral Formula<sup>®</sup> Vegetarian Formula

Not only is calcium needed for strong bones, it is also essential for healthy hair, skin, nails and for proper nerve and heart function. If you don't get enough through your diet -- many people don't, calcium supplementation is an effective way to ensure you get your adequate daily intake.\*

## **Calcium needs the help of other nutrients**

Loss of bone density is linked to deficiencies of not just calcium, but a multitude of other nutrients. In order for calcium to prevent bone loss, adequate amounts of vitamin D, boron, zinc, potassium and magnesium should be available so that the calcium can be better incorporated into the bone matrix. All of these are important ingredients in The Ultimate Calcium Mineral Formula.

## **The right types of calcium matter**

Many forms of calcium do not absorb particularly well in the body. When choosing a calcium and mineral supplement, the right types of calcium are extremely important. Some of these highly absorbable forms of calcium include: calcium citrate, calcium hydroxyapatite, calcium aspartate and calcium lactate.

## **Bone, hair, skin and nail support\***

Calcium has been shown to help form and maintain strong bones, teeth and connective tissue. As we age, our bones begin to lose their density and our teeth and connective tissue begins to weaken. Calcium levels in our bodies become lower and stored calcium is taken from our bones to compensate. This compensation must be done in order to maintain adequate blood-calcium levels in our bodies.\*

## **Proper heart & nervous system function\***

Just as important, calcium also assists with the transmission of nerve impulses and muscle contractions. Calcium has demonstrated calming qualities on the nervous system and is known as "Nature's Tranquilizer". Based on this benefit, calcium has been used effectively in treating occasional muscle and leg cramps. Athletes can benefit from calcium intake to help relieve leg muscle cramping after a workout.\*

## **Bones, hair, skin, nails, nerves and heart function need calcium!\***

These days, many diets are sorely lacking in the calcium needed for strong bones, healthy hair, skin, nails and for proper nerve and heart function. That is all the more reason to include calcium supplementation as an effective way to ensure you get an adequate daily intake.\*

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or online at [www.roex.com](http://www.roex.com)

## The need for “calcium replenishing” now!

Behavioral habits are another factor that can contribute to low levels of calcium by either depleting calcium from bones or preventing absorption. (E.g. alcohol consumption, caffeine, smoking, high protein diets, and antacids that contain aluminum hydroxide.) Replenishing the lost calcium can be accomplished with a diet high in calcium along with calcium and mineral supplementation. This is particularly important if you are a participant in these “calcium draining” activities.

If your diet is lacking in it, or your lifestyle is robbing you of much needed calcium, The Ultimate Calcium Mineral Formula is what you need.

## The Ultimate Calcium Mineral Formula® by Roex®

The Ultimate Calcium Mineral Formula® is one of the highest quality, most complete calcium and mineral formulas on the market today. It is a unique blend of minerals, including three different forms of calcium, with magnesium, zinc, potassium, vitamin D and trace minerals.

The three types of calcium (calcium citrate, calcium chelate and calcium lactate) added to our formula have high absorption rates, and therefore better assimilate into the body. Vitamin D has been added to further increase the absorption of calcium in the body. Another mineral included in the formula is potassium. Potassium is an essential mineral in human nutrition; the human body needs potassium to maintain fluid and electrolyte balance.\*

Two additional mineral supplements found in The Ultimate Calcium Mineral Formula® are magnesium and zinc. Three forms of magnesium (magnesium oxide, magnesium aspartate, magnesium chelate) are included in the formula for improved absorption. Zinc is an essential element necessary for sustaining all life, and acts as an activator of certain enzymes that are important in the transport of carbon dioxide in blood.\* The Ultimate Calcium Mineral Formula® contains 150mg of silica, necessary for muscle, nerve and brain cells to handle calcium properly. It also contains boron and chromium. Boron is critical for the assimilation of minerals, and chromium helps support healthy pancreatic function and maintaining blood sugar levels already within the normal range.\*

Notable Sources: <http://www.fda.gov/Food/GuidanceComplianceRegulatoryInformation/GuidanceDocuments/FoodLabelingNutrition/ucm152626.htm>

<http://www.umm.edu/altmed/articles/calcium-000290.htm>

### The Ultimate Calcium Mineral Formula Vegetarian

#### Supplement Facts

Serving Size: 6 Tablets  
Servings Per Container: 30

	Amount per Serving	% DV
Vitamin D2 (as Ergocalciferol)	400 I.U.	100%
Calcium (as Calcium Chelate, Calcium Citrate, and Calcium Lactate)	1200 mg	120%
Magnesium (as Magnesium Oxide and Magnesium Chelate)	600 mg	150%
Zinc (as Zinc Chelate)	20 mg	133%
Selenium (as L-Selenomethionine)	100 mcg	142%
Copper (as Copper Chelate)	2 mg	100%
Manganese (as Manganese Chelate)	5 mg	250%
Chromium (as Chromium Chelate)	200 mcg	167%
Molybdenum (as Molybdenum Chelate)	10 mcg	13%
Potassium (as Potassium Chloride)	99 mg	3%
Boron (as Boron Chelate)	3 mg	*
Silica (as Silicon Dioxide and Horsetail Shoot extract)	150 mg	*

\*Daily Value (DV) not established

**DIRECTIONS: Take six (6) tablets once daily.**

**OTHER INGREDIENTS: Cellulose, Stearic Acid, Croscarmellose sodium, magnesium stearate and vanillin.**

\*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.

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