

FACT SHEET

Deliciously Effective Nutrition

These soft, creamy chews are a delicious and effective way to give your body the calcium and minerals it needs to help build and maintain healthy bones.

Containing Calvital 400®, a unique complex of natural milk minerals and other key bone-building nutrients, just two chews will give you 100% of your recommended daily allowance of calcium.

And the best bit is, each chew's only 20 calories!

ellactiva® calcium chews come in a delicious **chocolate** flavour.

Why Calcium?

99% of the calcium in our bodies is found in our bones and teeth, but the remaining 1% helps to regulate muscle contractions, blood clotting and nerves.

If we don't get enough calcium from our diets to support these functions, our bodies take it from our bones and teeth. A good calcium intake and regular weight-bearing exercise like walking, running or dancing can help keep your bones strong and healthy.

Just two chews a day.

For adults, it's recommended that you get at least 800mg of calcium daily (two chews), but if you're breastfeeding or going through the menopause you should boost your intake to 1200mg (three chews).

ellactiva® tastes great, but don't eat these chews all at once. Your body can't absorb more than 500mg at once, so for maximum effect it's best to eat them throughout the day. The maximum recommended calcium supplement per day is 1500mg, and you shouldn't take high levels of calcium (2000-2500mg) over a long period of time.

To find out more about our delicious great tasting calcium supplement chews contact enquiries@nutrascience.co.uk

Oxford NutraScience Ltd, CIE, Begbroke Science park, Sandy Lane, Yarnton, Oxfordshire, OX5 1PF UK
Tel + 44 1865 854874

Nutritional Information

Typical Values	per 2 chews	% RDA
Calories	40	
Total fat	1.2g	
Total carbohydrate	4.8g	
Protein	0.2g	
Calcium	800mg	100%
Vitamin D	5µg	100%

CHOCOLATE FLAVOUR CHEWS INGREDIENTS:



Glucose Syrup, Sugar, Vegetable Fat,

Non Fat Cocoa Powder, Non Fat Milk Powder, Glycerine, Chocolate Flavour, Soy Lecithin, Salt, Glyceryl Monostereate, Carrageenan, Bone Health Complex (Calvital 400): Calcium Carbonate, Milk Minerals Complex, Vitamin D.

This product must not be used as a substitute for a balanced and varied diet.

% RDA = Recommended Daily Allowance

