



# CALCIUM

**Teeth & Immune Health**

*Pure and Natural*



**PURE AND ORGANIC  
NATURAL  
SUPPLEMENT**



**Protects  
Bone**



**Teeth  
Protection**



**Immune  
Health**



## Natural Supplement

Both food supplements are made up of herbal ingredients. They ensure that your body has nothing but wholesome merits that let you lead a healthy life.

PLANT BASED CALCIUM SOURCES

@elevatenutritionteam

 Tofu 250 mg/100 g	 Soybeans 175 mg/cup	 Spinach 145 mg/0.5 cup	 Tahini 120 mg/1 tbsp
 Edamame 100 mg/cup	 Chickpeas 80 mg/cup	 Chia Seeds 75 mg/1 tbsp	 Orange 65 mg/1 unit
 Broccoli 80 mg/cup	 Fig 40 mg/2 units	 Sweet Potato 40 mg/medium unit	 Carrot 40 mg/medium unit
 Almond 50 mg/9 nuts	 Quinoa 50 mg/1 cup	 Tomato 50 mg/2 units	 Arugula 30 mg/cup

## About Calcium Capsule

Enhance calcium absorption with our plant-based supplement for strong bones, heart health, and joint support. Elevate overall well-being with this natural formula.



## How To Use

- Take 2 to 4 capsules
- Adequate water
- 30 min After a meal
- Twice a day