



## Botani-Cal Complex™

Plant-Sourced Cal-Mag, Vitamin K2 and D3 complex  
Available in 90 Tablet size



*Lithothamnion Calcareum*

Evidence suggests that calcium from whole food sources may produce more favorable effects in bone health than isolated calcium supplements.\* Similar to most nutrients, the body can utilize calcium much more effectively when it is paired with its natural co-factors such as magnesium and other trace minerals. The calcium complex in **Botani-Cal Complex™** is derived from a special marine plant called Lithothamnion calcareas that is harvested from the pristine shores of the Icelandic coastline. This special plant calcium has a unique porous structure that dramatically increases the surface area where stomach acid can contact the calcium, making it easy to dissolve. In fact, USP dissolution testing suggests that 97% of the calcium in **Botani-Cal Complex™** is available for absorption. Lithothamnion calcareas also supplies dozens of trace minerals, including magnesium, strontium, vanadium and silica, all of which work synergistically with calcium to strengthen and nourish bone.\*

Vitamins K1, K2, and D3 complete this one-of-a-kind bone nourishing formula. Both vitamin K and vitamin D are essential co-factors for calcium absorption, and vitamin K has the additional property of ensuring that absorbed calcium is retained and properly utilized for bone strengthening rather than calcifying in the arteries. **Botani-Cal Complex™** contains two forms of vitamin K: our synbiotic vitamin K (K1) and a highly bioavailable and bioactive form of vitamin K2 called menaquinone-7 (MK-7). MK-7 is extracted from the Japanese soy food natto, which numerous studies have linked to improved bone health.\*

**Suggested Use:** Take 3 tablets daily with meals or as directed by your health care provider. For best results, take one tablet with lunch and two tablets with dinner.

Serving size 3 Tablets (3000 mg)

**Three tablets contain:**

## **Supplement Facts**

		<b>%DV</b>
<b>Vitamin D3</b> †	1000 IU	250%
<b>Vitamin K1</b> †	35 mcg	44%
<b>Vitamin K2</b> (MK-7) (from <b>MenaQ7™</b> )	45 mcg	56%
<b>Calcium</b> (from Algae ‡)	770 mg	77%
<b>Magnesium</b> (from Algae ‡)	58 mg	14%
<b>Strontium</b> (from Algae ‡)	5 mg	•
<b>Vanadium</b> (from Algae ‡)	13 mcg	•
<b>Silica</b> (from Algae ‡)	2 mg	•

• Daily Value not established

† Nutrients are cultured in organic media that may contain: organic milled soy, organic yeast (*Saccharomyces cerevisiae*), organic maltodextrin, organic gum acacia, organic alfalfa powder, enzymes and Lactobacilli (*L. acidophilus*, *L. bifidus*, *L. rhamnosus*).

‡ Lithothamnion: *L. calcareum* and *L. corallioides*

\* MenaQ7™ is a trademark of NattoPharma, Norway. International patents pending.

**Other ingredients:** Organic barley grass, organic gum acacia, modified cellulose, silica, sunflower oil, and *Bacillus subtilis natto* extract.

**Contains:** Dairy and fermented soy. **Naturally gluten free.**

100% vegetarian; no artificial flavors or colors.

**Caution:** As with any dietary or herbal supplement, you should advise your health care practitioner of the use of this product. For use with children or if you are nursing, pregnant, considering pregnancy, or taking Coumadin/ Warfarin, you should consult your health care practitioner prior to using this product.

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