Xtra-Ca

Calcium is required for healthy bones, teeth and skin, yet few adults obtain enough through their daily diets. Xtra-Cal assists with promoting strong bones and includes Vitamin D and Magnesium, for better calcium absorption and utilisation.



Looking for guidance, tips or healthy recipes?

Talk to your Herbalife Independent Member







Bone Support **Vitamin**

What are the key ingredients?

- Calcium
- Magnesium
- Vitamin D

How does it benefit you?

- Xtra-Cal contains several other specially chosen vitamins and minerals to benefit skeletal health by providing nourishment for the bones.
- To become less susceptible to osteoporosis, cut down coffee intake to two cups a day, exercise for 30 minutes every other day and ensure Calcium intake is adequate (at least 1000mg daily).
- Calcium may help prevent osteoporosis when dietary intake is inadequate.
- A diet deficient in calcium can lead to osteoporosis in later life.

- Includes Vitamin D and Magnesium for better Calcium absorption and utilisation.
- Can provide the Calcium needed for strong and healthy bones.

How do I take it?

Take one tablet three times per day with meals.

Who is it suitable for?

Those who want to support healthy development and maintenance of strong bones.

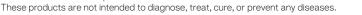
You might also want to try

Formula 1 Nutritional Shake Mix and Joint Support.

Always read the label - use only as directed. Vitamins can only be of assistance if the dietary vitamin intake is inadequate.

To learn more, visit Herbalife.com.au

All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions.



This information is not intended to replace the advice of your personal medical professional.





