

# Calci D Zinc

ENHANCING BONE DENSITY



60 count  
Tablets

## BENEFITS

- Maintains bone mass and retention
- Supports overall bone health
- Improves bone mineral density
- Reduces the risk of fractures

# Calci D Zinc

**Suggested Dosage:**  
Adult: 1 Tablet twice a day  
after meals

Bones support and protect the various organs of the body, produces red and white blood cells and stores minerals. There are several cells that constitute a bone with specific functions.

Healthy bones need to be stiff and resist deformation and at the same time be flexible to withstand compression and tension without cracking. However, several factors may lead to the poor health of the bone, namely lack of physical activity, smoking, alcohol consumption, diet, genetic and hormonal factors.

Calcium is the most abundant mineral in the human body. Calcium Citrate Malate (CCM) is a “Nutrient Dense Calcium Supplement” derived from citric and malic acids and the most bioavailable form of calcium.

Vitamin D3 or the sunshine vitamin is essential for musculoskeletal health as it promotes calcium absorption.

Zinc has shown to stimulate bone protein synthesis. Zinc also has a stimulatory effect on the production of osteoblasts.

**Sami Direct's Calci D Zinc is a unique combination of ingredients to support bone health.**

**Each Tablet contains:**

Ingredient	Quantity per Tablet
Calcium citrate malate (Containing 82 mg elemental Calcium)	400 mg
Vitamin D3 (Cholecalciferol)	200 IU
Zinc monomethionine (Containing 3 mg elemental Zinc & 6 mg methionine)	15 mg

Disclaimer: These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose treat, cure or prevent any disease.