



AdoraTM Calcium – A Supplement to Crave

There is no single nutrient that will insure optimal bone health, which is why Adora Calcium has been carefully formulated to include a host of beneficial ingredients.

Adora Calcium supplements are made with premium, all-natural chocolate. Made from rich dark chocolate or creamy milk chocolate. Each piece offers:

- » Only 30 calories
- » All-natural ingredients (no trans fats, artificial sweeteners, or gluten)
- » Lactose free (Dark Chocolate only)
- » High in naturally occurring antioxidants
- » Certified Kosher.



ADORA CALCIUM'S UNIQUE FORMULA

Calcium (from calcium carbonate) — 500 mg
Calcium is essential for strong bones and healthy teeth. It also helps with blood pressure, muscle movement, nerve transmission, and much more! *The calcium carbonate in Adora enables each disk to have the highest amount of elemental calcium.*

Vitamin D (from vitamin D3) — 250 IU
Vitamin D is crucial for calcium absorption. Research indicates it may also play a role in enhancing the immune system and preventing some forms of cancer and other diseases. *Adora is made with D3 because it is the most active form of the nutrient.*

Magnesium (from magnesium oxide) — 40 mg
Magnesium plays a role in over 300 reactions in the body including calcium metabolism, blood sugar regulation, and muscle and nerve function. *Magnesium tends to be bitter, so Adora has been carefully formulated to include its benefits while still tasting great.*

Chocolate
Produced from the cocoa plant, chocolate is rich in antioxidants which may protect the body from the damage of aging and disease. *The chocolate in Adora is made with all-natural ingredients, and contains antioxidant levels that rival a serving of fruit.*

CALCIUM & VITAMIN D DAILY REQUIREMENTS BY AGE*

Age	Calcium mg/day	Vitamin D IU/day	Adora Calcium Disks
1-3	500	200	1
4-8	800	200	1
9-18	1300	200	2-3
19-50	1000	200	2
51-70	1200	400	2-3
70+	1200	600	2-3

*Source: U.S. Department of Health and Human Services. *The 2004 Surgeon General's Report on Bone Health and Osteoporosis: What it Means to You.*

For More Information:
Visit AdoraCalcium.com