



calcium for every age

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CALCIUM

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From the Nutritionist:

Strengthen Bones with Chocolate

Meet Your High Calcium Needs.

You know getting enough calcium everyday is the best prevention and treatment for the weakening bones of osteoporosis. But, meeting your needs can be daunting. In fact, an estimated 64% of women are not getting the calcium their bodies need and they don't even know it. As a dietitian, I have found that most of my patients are simply unable to meet their daily calcium needs through food alone. Those who are particularly at risk include:

- Women and teens who are dieting
- Pregnant, breast-feeding, and post-menopausal women
- Vegetarians and those with lactose intolerance
- Children who are picky-eaters

Chocolate is the Solution!

Instead of eating foods you hate or swallowing big pills, you can meet your calcium needs with a daily dose of chocolate. Adora Calcium contains 500 mgs of calcium and Vitamins D and K blended with delicious, all-natural chocolate. Each individually-wrapped disc is available in rich dark chocolate or creamy milk chocolate.

Adora Calcium is:

- Only 30 calories per disc
- Lactose-free (dark chocolate) & vegetarian-friendly
- Creamy - not chalky, chewy, or hard-to-swallow
- Rich in antioxidants

Not only does **Adora Calcium** provide the right bone-building nutrients, but it also tastes great which means you'll look forward to taking it everyday. Try a 3 or 6 month supply with **FREE SHIPPING!** For more information visit **www.adoraCalcium.com**.

Enjoy!

Michelle Gibeault Traub, R.D.

Calcium For Every Age Daily Requirements

Teens	1,000-1,300mg
20s	1,000 mg
30s	1,000 mg
40s	1,000 mg
50-60s	1,200 mg
70s+	1,200 mg

