



# Women's circle of health

A Health Newsletter from [Adora Calcium™](#)

## A Note From the Nutritionist Celebrate good nutrition!

March 2010

March is National Nutrition Month, so go ahead and celebrate! Good nutrition is a powerful tool. Healthy foods have the ability to boost mood (think chocolate), provide energy, slow aging, and so much more. This month, why not give your diet a review? Ask yourself if you are really getting enough of the calcium and other nutrients that your body needs. If not, consider seeing a [Registered Dietitian](#) for a dietary tune-up. Or, review past issues of the [Women's Circle of Health](#) for a nutrition refresher.

That's quite an assignment, so this month's article features a nutrient that comes effortlessly. Be sure to check it out so you can enter the Contest of the Month for your chance at Free Adora Calcium. Also, catch the latest exciting news about your favorite chocolate calcium supplement. Enjoy! – *Michelle Gibeault Traub, R.D.*



## Adora Calcium Special Save some green, Get some chocolate!

If you're worried about money - and who isn't these days - now is the time to stock up on Adora Calcium Supplements. We've held our prices for the past year, but we're not sure how long that can last.

Adora Calcium orders are now **10% off**. Plus, orders of \$50 or more receive **Free Thompson Chocolate**. Just add items to your cart in the Adora Online Store [store.adoracalcium.com](http://store.adoracalcium.com).

**SALE ENDS MARCH 31st! [ORDER HERE](#)**



## Adora Calcium News

Your wait will be over soon!



Many of you know that the makers of Adora Calcium have been carefully reformulating your favorite calcium supplement. Starting in April, the new formula will be hitting stores. [Learn more...](#)

## Why We Need Vitamin K

Benefits of the fat-soluble vitamin

Did you know there are 13 different vitamins? It's no wonder that some may fly under your radar. Vitamin K is one such nutrient. We rarely hear about its benefits even though one could save your life. Learn [Why We Need Vitamin K](#).

## Adora Calcium Contest of the Month

Win a bag of Adora Calcium!



**How to Win:** Read this [month's article](#) and answer the following:

**"Who must be careful not to get too much vitamin K?"**

Send your answer as an e-mail with the subject **March Adora Contest** to [editor@adoracalcium.com](mailto:editor@adoracalcium.com), along with your full name, mailing address, and your Adora calcium

flavor preference (Dark Chocolate or Milk Chocolate).  
Contest ends **March 31st**.

Please be assured your information will only be used to mail your prize. We will e-mail you if you are a winner. ADD **editor@adoracalcium.com** TO YOUR SAFE SENDER LIST SO YOU ARE NOTIFIED.

Thanks for participating!

**ARE YOU AN ADORA CALCIUM FAN?** Show your support and become a fan on Facebook. Just visit [our page](#), log in to your Facebook account, and at the top corner click the "Become a Fan" link. Fans have access to Adora Calcium product announcements and promotions on a daily basis. Plus for every 100 people that become a fan we will give away a bag of Adora Calcium Supplements.

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