

IMPORTANCE OF *Calcium*, *Vitamin D* and *Magnesium*

Health depends on strong muscles and skeletal structure for which one needs to consume adequate amount of *Calcium*, *Vitamin D* and *Magnesium* in the diet.

But unfortunately today's diets rarely supply these three components in full measure.



FEW IMPORTANT FACTS ABOUT CALCIUM

- ❖ You lose calcium from your bones as you sleep.
- ❖ A person needs more than 500mg of calcium per day.
- ❖ A human body cannot absorb more than 500mg of calcium at a time.
- ❖ Calcium is also necessary for the proper functioning of muscles and nerves
- ❖ Calcium also plays a role in the circulatory system.
- ❖ Calcium helps with the release of insulin which stabilizes as well as optimizes various enzymes.



FEW IMPORTANT FACTS ABOUT MAGNESIUM

- ❖ Magnesium is a macro-mineral.
- ❖ It provides protection from a number of chronic diseases.
- ❖ Magnesium is a vital component within our cells.
- ❖ Magnesium's role is primarily regulatory and it allows enzymes to function properly.
- ❖ Magnesium is a required ingredient for the energy-production processes.
- ❖ Magnesium protects and stabilizes our DNA.

FEW IMPORTANT FACTS ABOUT VITAMIN-D

- ❖ Vitamin D helps to protect against many autoimmune diseases.
- ❖ People who have less exposure to the sunlight needs more vitamin D in their diet.
- ❖ Vitamin D helps in bone health and can also aid in heart, brain, and immune system function.
- ❖ An un-born baby relies entirely on the mother for vitamin D requirement.





introduces

Its CalMagD

*A perfect dietary supplement to take care of
your daily need of Calcium, Magnesium and
Vitamin D.*



WHY “ ITS CALMAGD” ?

- ❖ It has been formulated keeping each necessary element in ideal ratio.
- ❖ Calcium is more absorbed in acidic medium hence we have used Calcium Citrate as compared to other calcium salts to give more bioavailable calcium.
- ❖ Vitamin D used in **Its CalMagD** is vegetarian sourced.

WHO SHOULD TAKE “*Its CalMagD*” ?

- **CHILDREN** CAN TAKE **ITS CALMAGD** TO ENSURES STRONG BONES, HEART ACTIVITY AND BETTER ABSORPTION OF NUTRIENTS.
- **ADULTS CAN TAKE ITS CALMAGD** TO REPAIR AND MAINTAIN BONE STRENGTH.
- PERSONS WHO ARE SUFFERING FROM WEAK BONE, ARTHRITIS AND DEFICIENCY OF MAGNESIUM.
- Aged can take **Its CalMagD** to maintain bone strength.
- **Its CalMagD** reduces the risk of osteoarthritis in **Menopausal women**.

DOSAGE OF “*Its CalMagD*”

- ANYBODY WITH NORMAL HEALTH CAN TAKE 2 CAPSULES PER DAY.
- PEOPLE WHO ARE SUFFERING FROM ARTHRITIS, WEAK BONE AND DEFICIENCY OF MAGNESIUM CAN TAKE 2-3 CAPSULES DAILY FOR HEALTHY RECOVERY.
- IT CAN BE CONSUMED REGULARLY AS A DAILY DIETARY SUPPLEMENT FOR A HEALTHY LIFE.



PRICE

MRP	INR 350
DP	INR 265
PV	90



* One bottle contains 90 Tablets



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THANK



You

FOR GIVING US YOUR VALUABLE TIME.



Koharr Health LLP