

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



* One bottle contains 90 Tablets





Get FREE Health Consultation for all kinds of Diseases Completely FREE
FREE Advice involves use of Natural Minerals in your Drinking Water, Ayurvedic Supplements and Home Remedies ,Call or Whatsapp OR Share Your Number , Male Expert - +91 9082456219 / 9082437094 , Female Expert - 9082453184 / 9769508345 , Issues / Complaint : 9820372965, Day & Time : – Mon to Sat : 10 am to 6 pm. Visit to view the Videos of People benefited on "Koharr Health" YouTube Channel <https://www.youtube.com/c/KoharrHealthLLP>

THANK



You

FOR GIVING US YOUR VALUABLE TIME.



Koharr Health LLP