

Xtra-Cal™ = extra protection for your bones!

Calcium is an essential mineral the body needs for strong bones and teeth. In addition, calcium encourages a strong, steady heartbeat, keeps blood pumping efficiently and maintains nerves and muscles. In short—calcium pretty much helps keep your whole body working the way it should!

Your body's entire skeletal system and your teeth are composed of calcium. If your body isn't getting enough calcium through your diet, it will take what it needs from your bones to make up for it. Over time, this process can lead to osteoporosis, a crippling disease that can make bones very fragile and more susceptible to fracture.

Around the time you reach age 30, your body stops producing bone and may begin to lose it. To ward off bone loss, the best thing you can do is to make sure you get plenty of calcium now, with Xtra-Cal!*

If you're past 30, not to worry. It's never too late to start increasing your calcium intake. Even for people in their 40s and 50s, increasing calcium levels can help you maintain the bone you have.* Xtra-Cal offers one of the most concentrated forms of calcium available in a tablet. It is also formulated with other vitamins and nutrients including magnesium and vitamin D that can promote healthy bones and skeletal health.* Three tablets supply 100 percent of the U.S. Percent Daily Value of calcium intake for men and women over 40.

Discussion points

- **Bone up on calcium:** Calcium is essential to the health of bones, teeth and skin, yet few adults get enough of it in their diets. Three Xtra-Cal tablets a day supply 100 percent of the U.S. Percent Daily Value for calcium intake.
- **Ward off weak bones:** To prevent bone weakness and osteoporosis in the future, make sure you're getting plenty of calcium now. Bone development slows down around age 30 and bone strength continues to decrease throughout the rest of your life. Increasing calcium intake is the best maintenance for strong bones and teeth.
- **Combine with other products:** Xtra-Cal can be used in conjunction with the Thermojetics® Weight-Management Program and Herbalife's entire line of nutritional products to boost your overall nutrient intake—including calcium.

Did You Know?

More than 28 million Americans are afflicted with osteoporosis. Women are at higher risk than men. After menopause, a woman's body doesn't produce as much estrogen, increasing the risk of developing osteoporosis even more. However, men are also vulnerable to the disease and should make sure they consume enough calcium to ward off future bone loss.

Fast Facts

- Xtra-Cal is one of the most concentrated forms of calcium available in a tablet.
- Vitamin D is essential for the absorption of calcium.
- Three tablets supply 100 percent of the U.S. Percent Daily Value of calcium intake for men and women over the age of 40.
- Supplemental magnesium is important for the optimal effect of calcium on bone health.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



SUPPLEMENT FACTS

Serving size: 1 tablet
Servings per container: 90

	Amount per serving	%Daily Value*
Total Carbohydrate	<1 g	<1%
Vitamin A (as retinyl acetate)	834 IU	17%
Vitamin C (as ascorbic acid)	20 mg	33%
Vitamin D (as ergocalciferol)	30 IU	8%
Vitamin E (as d-alpha tocopheryl acetate)	10 IU	33%
Calcium (as calcium carbonate and citrate)	334 mg	33%
Magnesium (as magnesium oxide and citrate)	134 mg	33%
Zinc (as zinc gluconate)	1.7 mg	11%
Copper (as amino acid chelate)	167 mcg	8%
Manganese (as amino acid chelate)	0.7 mg	35%
Exclusive Blend	31 mg	
Horsetail Herb (stem)		†
Glutamic Acid Hydrochloride		†
Kelp (Laminara digitata)(leaves)		†
Licorice Root (roots)		†
Sarsaparilla Powder (root)		†
Spirulina Algae (whole)		†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other Ingredients:

Microcrystalline Cellulose, Cross-linked Sodium Carboxy-methylcellulose, Silicon Dioxide, Magnesium Stearate, Betaine Hydrochloride, Hydrogenated Vegetable Oil, Stearic Acid and Food Grade Shellac.

Suggested Serving:

Take one tablet three times a day with meals as a dietary supplement. Xtra-Cal is a unique nutritional supplement that can provide the calcium needed for strong, healthy bones.* Our special formula includes Vitamin D, essential for calcium absorption, together with other vitamins, minerals and herbs. It's also free from artificial colors and sugars.

Ordering Details

90 tablets per bottle
#0020 \$10.25

HERBALIFE®

