

# Daily-CAL™

With L.E.A.D.S.®

Live Enzyme Activated Delivery System®



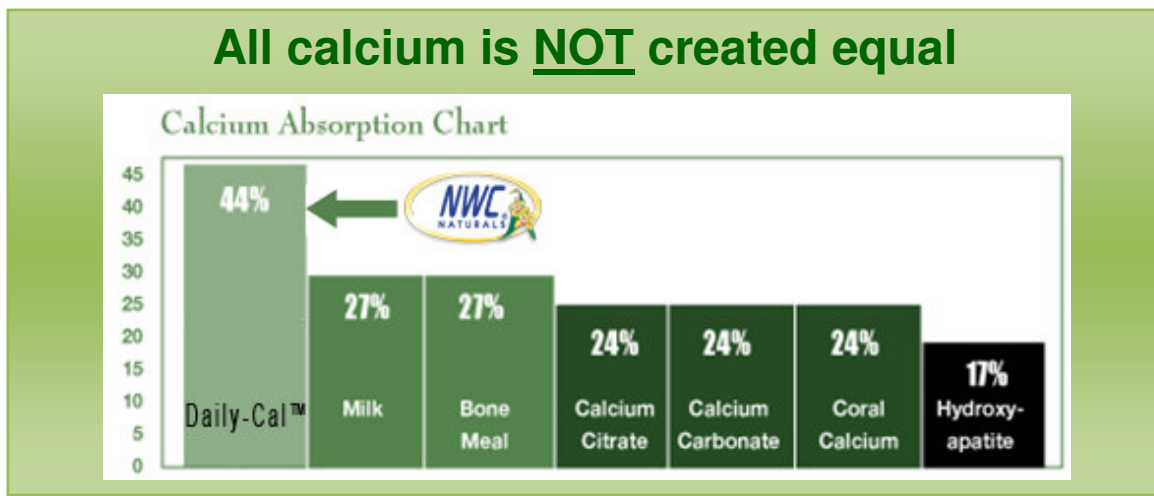
Daily-Cal™ is an Albion Gold Medallion award winner for outstanding mineral nutrition. It contains 100% patented amino acid chelates from Albion advanced nutrition, the world leader in mineral nutrition. Look for the Gold Medallion on the Daily-Cal™ label.



## Support strong bones and more with Daily-Cal™ A High Performance Calcium and Bone Support System

Daily-Cal™ is the only calcium supplement in the world to provide a highly potent blend of patented chelated calcium, magnesium, isoflavones and whole food vitamin D. This coupled with the added benefit of L.E.A.D.S.® (Live Enzyme Activated Delivery System®) ensures maximum nutrient absorption at a cellular level.

Calcium that comes from dirt, rocks or dead coral is dead to your body. That's why you need Daily-Cal™! Daily-Cal™ contains amino acid chelated calcium, the most absorbable form of calcium available. It is "food-grade" calcium, which means it is more natural and gentler to your system. In addition, the calcium in Daily-Cal™ is more bio-available than other forms, making it a sure choice over the competition!



### Does your calcium give you intestinal problems? Then you're taking the wrong calcium!

The **WRONG** types of calcium, like calcium carbonate, coral calcium and calcium citrate (also including all other calcium salts), inhibit digestion by neutralizing the stomach acid and at the same time convert to calcium chloride which can cause diarrhea or constipation. What's more they only absorb at a rate of 17 – 25%. This can cause gastro intestinal problems ranging from:

#### The Wrong Type of Calcium Can Cause

- Diarrhea
- Acid rebound
- Constipation
- Nausea
- Gas
- Poor digestion
- Kidney stones or gall bladder stones



Low grade calcium produces an amazing and destructive chemical reaction inside the body: it foams, sizzles, bubbles and produces lots of gas. First it neutralizes the stomach acid which stops digestion. Then it converts into calcium chloride, which can cause diarrhea, gas, bloating or constipation. And, low grade calcium can

absorb at a rate as small as 17%! Daily-Cal™ is different! It is a food grade, chelated calcium that absorbs completely with no stomach irritation at all.

**L.E.A.D.S. ®** - like all of NWC's products Daily-Cal™ contains our exclusive **L.E.A.D.S. ® Live Enzyme Activated Delivery System®**. It is NWC's delivery system that guarantees assimilation and utilization of the nutrients at the cellular level. **L.E.A.D.S. ®** is a proprietary system of adding a blend of select enzymes to botanical and whole-food products for the purpose of improving the release and absorption of nutrients contained in these products. This special blend of supplemental enzymes works to extract the nutrients from the formula in the most bioavailable form so the body can use them easily and efficiently. The **L.E.A.D.S. ®** enzyme delivery system is formulated to match the specific needs of each individual product made by Natural Wellness Centers of America Inc. and is based on a unique and proprietary method. It is especially beneficial with products providing a whole-food source of vitamins and minerals.

<b>Supplement Facts</b>		
Serving size: 6 Capsules		
Servings per container: 33		
Amount per serving	% D.V.	
Calcium (as calcium amino acid chelate)	300 mg	30%
Magnesium (as magnesium amino acid chelate)	150 mg	38%
Zinc (as zinc amino acid chelate)	9 mg	60%
Copper (as copper amino acid chelate)	1.2 mg	60%
Manganese (as manganese amino acid chelate)	15 mg	750%
Isolase® (840 IsoU)	210 mg	*
Xylanase, Beta-glucanase		*
Shiitake mushroom	90 mg	*
L.E.A.D.S.® proprietary blend	79 mg	*
Protease 4.5, Amylase, Lipase, Malt diastase, Lactase, Invertase, Cellulase		
Soy Isoflavones	30 mg	*
Boron (as boron amino acid complex)	6 mg	*
<b>* Daily Value not Established</b>		
<b>Other Ingredients:</b> Carrot root, Vegetable Capsules (Cellulose and Water), beet root juice powder.		
Manufactured Exclusively for Natural Wellness Centers of America Inc. Anaheim CA 92801 (888) 207-3480		

## Ingredient Overview

**Calcium Chelazome™**- Because Daily-Cal™ uses 100% Calcium Glycinate Chelate, you will never get acid rebound like you will get with calcium carbonate and other mineral salts. Giving large amounts of a single nutrient may not be the most effective course for nutritional therapy. Nutritionists know that the body's nutritional biochemistry relies on a balance of all needed nutrients. In the case of calcium supporting healthy bone structure, high doses of calcium alone have not been found to be particularly effective. Other cofactors must be included to give the consumer an effective calcium supplementation program. That's why Daily-Cal™ is more than just calcium in a capsule.

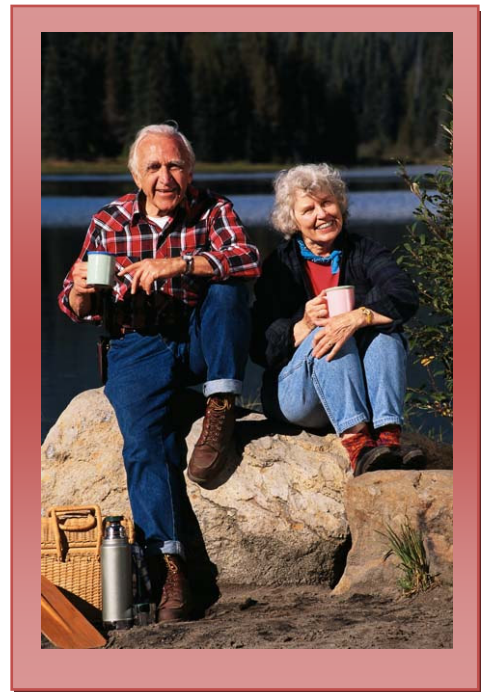


**Magnesium Chelazome™**- Magnesium Bis-Glycinate

Chelate is the fourth most abundant mineral in the body and is involved in more than 300 enzymatic systems, including ATP metabolism. Magnesium has an effect on a variety of cell membranes

through a process involving calcium channels and ion transport mechanisms. Magnesium is responsible for the maintenance of the transmembrane gradients of sodium and potassium. Bioavailability studies conducted by Abrams, Schuette, Roussouw and Brummelen have all shown that Magnesium Bisglycinate Chelate is a highly bioavailable form of magnesium.

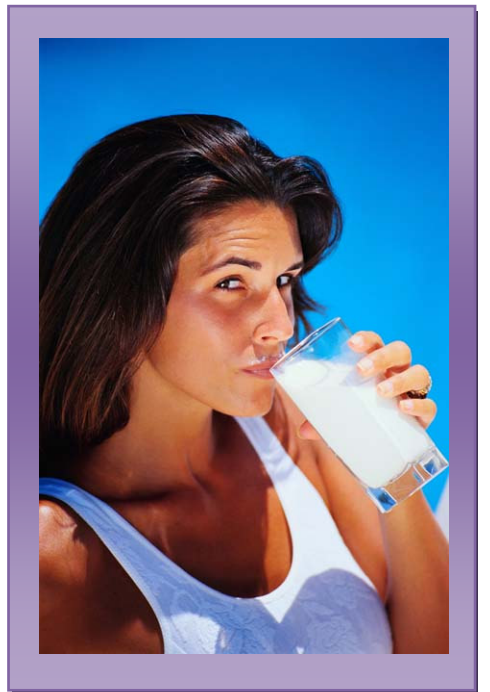
**Shitake Mushroom** - Shiitake mushrooms have been researched for their health benefits. These studies have identified the polysaccharide lentinan, a (1-3) 1-3-D-glucans, as the active compound responsible for immune support and lenthionine as the key flavor compound of shiitake. Shiitake is also one of the few known natural sources of vegan and kosher vitamin D (vitamin D2).



**Isoflavones** - Research shows: diets high in certain fermented soy foods are associated with increased bone mass in post and pre-menopausal women. Consuming fermented soy products such as miso, natto and tempeh and supplementing with the proper amount of calcium will support healthy bone density. Traditional Asian cultures consume about 30mg of soy isoflavones per day, which may directly contribute to the fact that they enjoy excellent bone health. Make sure you are getting the proper amount of soy isoflavones by taking 6 capsules of Daily-Cal™ each day.

**Isolase®** - Isolase® is a unique enzyme composition used solely for the purpose of enhancing the bioavailability of plant polyphenols, including isoflavones. This enzyme will boost bioavailability by approximately 200% thus activating a very small dose of isoflavones for maximum benefit.

**Boron Chelazome™**- Boron Amino Acid Complex is a biologically active trace mineral which affects calcium, magnesium and phosphorus metabolism. Boron benefits include healthy bones and proper brain functioning. Boron also helps maintain healthy cell membranes for normal cell function.



**Manganese** - helps with the synthesis of fatty acids and cholesterol. It is vital to proper protein, carbohydrate and fat assimilation. Manganese also works to promote healthy blood sugar levels, energy production and overall well-being.

**Zinc** - serves many functions, including acting as a constituent to at least 25 enzymes involved in digestion and metabolism. Research indicates that the health of the body's natural killer cells may be dependent on zinc intake for normal growth and development. Zinc is very important for proper function of the thymus gland and thymus hormones, as well as cellular immunity.

# Questions

## 1. How do I use Daily-Cal™ properly?

**Daily-Cal™** should be taken with every meal. Take 1-2 capsules, depending on how much calcium you need to supplement to get your total daily value over 1,000 milligrams for the day. **Daily-Cal™** should be taken sometime during the meal. Three doses at three meals will be much more beneficial than taking the same amount all at one time. Absorption and bioavailability are enhanced when you space out the consumption.

## 2. Is 1000 milligrams of calcium citrate better than 50 milligrams of Calcium Glycinate Chelate?

1,000 milligrams of Calcium Citrate only yields 21% Calcium (210 milligrams of Calcium). Out of the 210 milligrams of Calcium, if it is absorbed at 20%, your body will only absorb 42 milligrams. **In this example, after taking 1000 milligrams of Calcium Citrate, your body absorbs only 42 milligrams into the bloodstream.**

## 3. Who should be taking the Daily-Cal™ formula?

Anyone who drinks carbonated beverages, alcohol, caffeinated beverages like coffee or tea, eats foods high in preservatives and salt or eats white sugar and white flour. Any person that eats a diet that is high in protein or high in fat can also benefit from **Daily-Cal™**. Also anyone who has to use prescription drugs or eats a diet low in dairy can benefit from supplementation with **Daily-Cal™**.

## 4. Will Daily-Cal™ constipate me?

No, the calcium in **Daily-Cal™** will not cause any gastrointestinal distress. All non-chelated calcium salts may cause constipation but in the elderly, certain salts, including calcium carbonate, have been shown to cause diarrhea. Other side effects of calcium salts include flatulence, nausea and bloating.

## 5. Can I take Daily-Cal™ while I am on medication?

This formula has not been shown to interact with any medication. However, if you have any specific questions, please direct them to your physician.

## 6. Will Daily-Cal™ give me acid rebound like calcium carbonate?

Unlike calcium carbonate and other mineral salts, you will never get acid rebound with **Daily-Cal™**. Acid rebound induces gastric secretion that is markedly increased by food. Calcium carbonate has been shown to actually increase stomach acid production for three to five hours after ingestion. In other words, it neutralizes the acid and actually **STOPS DIGESTION** and then the body compensates by producing extra acid.

## 7. Can I give Daily-Cal™ to my kids?

This formula can be safely given to children. If they have trouble swallowing pills, open the capsules and add the contents to any cold or room temperature food or beverage. Remember heat and cooking destroys enzymes.

## 8. What type of calcium should I avoid as mineral salts that could cause gastrointestinal distress?

Here is a list of common non-chelated calcium sources. Avoid consuming drywall chalk, calcium carbonate, calcium malate, calcium citrate, calcium hydroxyapatite, calcium ascorbate and coral calcium. All of these non chelated calcium's can cause gastrointestinal distress

## 9. What is the importance of L.E.A.D.S. ® Live Enzyme Activated Delivery System ®?

The L.E.A.D.S. ® SYSTEM supplies all the enzymes and cofactors necessary to enhance digestion and delivery. Other formulas not utilizing L.E.A.D.S. ® will strip minerals and other nutrients from the body in their effort to activate the enzymes. Without L.E.A.D.S. ® the formula will not be as effective.

