

The Benefits of

EATING ADEQUATE LEVELS OF CALCIUM RICH FOODS

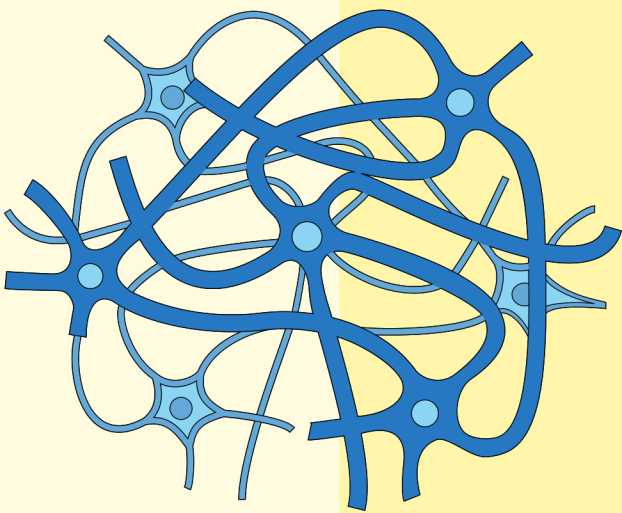
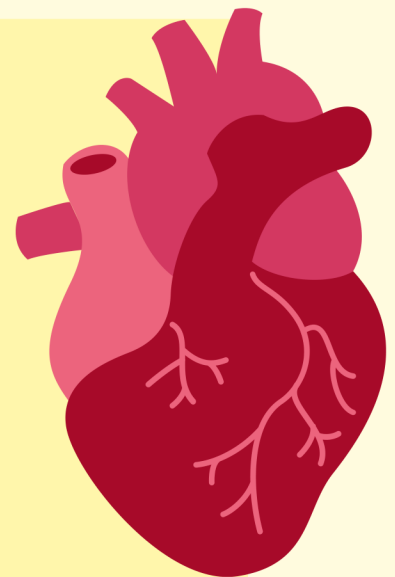


BONE HEALTH

Calcium helps your bone stay hard and strong as you age.

HEART

Calcium helps your heart beat a nice, regular rhythm in a coordinated and efficient manner.



NERVES

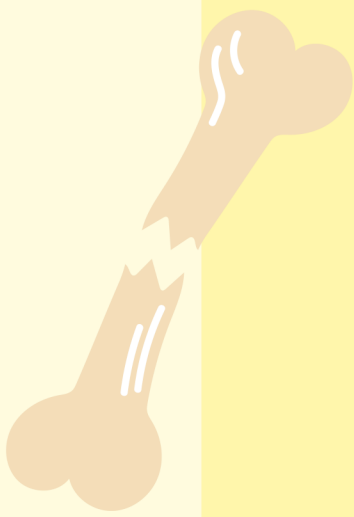
Calcium allows your nerves to function properly.

MUSCLE STRENGTH

Calcium helps to maintain your strength and keep your muscles in good condition.



The Consequences of A CALCIUM DEFICIENCY ON THE BODY

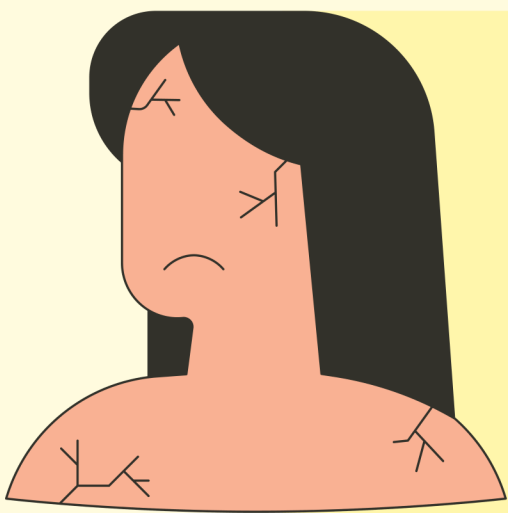


BONE HEALTH

Deficiency can make your bones become brittle, causing them to break easily.

HEART

Deficiency can lead to an irregular heart beat, which can cause serious problems!



SKIN

Deficiency can cause dry, flaky skin, as well as weakened hair and nails.

EYE HEALTH

Deficiency can lead to cataracts and worsened eye sight if not addressed.

