



Use a combination of Calcium Lactate and Cataplex F to help prevent sunburn. Use 6 of each 2 hours prior to exposure or as recommended by your health practitioner.

Calcium Lactate supports absorption of calcium and magnesium.

- Supports muscle contraction and nerve conduction
- Supports maintenance and function of cell membranes and membrane permeability
- Supports blood coagulation
- Supports proper functioning of enzyme systems
- Supports and helps maintain healthy bone density and remodeling
- Highly soluble form of calcium from a nondairy source
- Contains a 5:1 ratio of calcium and magnesium
- Provides additional support for the immune system response function
- Adequate calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life.
- Good source of calcium and magnesium

Cataplex F supports the body's inflammatory response function as it relates to periodic challenges like consumption of high-fat foods or strenuous activity.

- Flaxseed is a natural source of omega-3 fatty acids from plants.
- Provides lipids for the formation of eicosanoids
- Promotes healthy skin and hair
- Contains iodine for thyroid support
- Supports the metabolism of fats
- Excellent source of vitamin B₆ and iodine

