

# Calcium Magnesium & Boron Powder

This tri-mineral formula provides a daily boost of key nutrients in an easy-to-use powder form. Also featuring vitamin C and malic acid for optimum absorption and utilisation.

Calcium is involved in numerous vital functions throughout the body, including bone building, blood clotting, energy production, nerve transmission and neuro-muscular activity. Calcium is the most abundant mineral in the body; up to 99% of the body's calcium supply is stored in the bones and teeth where it supports their structure and function.

Magnesium too is critical for many cellular reactions including energy production, protein synthesis and cellular replication. It is often referred to as the 'spark of life' due to its involvement in over 300 different enzymatic processes, and yet many people find it difficult to get enough magnesium in their normal daily diet.

Boron is a trace mineral that can be found in whole foods such as beans, nuts and grains, as well as fruits such as berries, oranges and grapes. It works synergistically with magnesium and calcium, along with vitamin C which contributes to collagen formation for the normal function of bones, cartilage, skin and teeth.

Viridian's Calcium, Magnesium and Boron powder supplement is easy to mix with water or your favourite juice to make an easy-to-take daily health supplement.

Contains 100% active ingredients, formulated by expert nutritionists with no artificial fillers and no nasties. Sourced according to Viridian's strict ethical criteria including no animal testing, GMO or palm oil.

## Key Features:

- Three minerals in one easy-to-use powder
- One teaspoon daily provides 100% of recommended calcium intake
- Mix with water or juice
- Vegan formulation



**Nutritional Information:** one rounded teaspoon (approx. 5g) provides:

Ingredient	Weight	%NRV
Calcium (carbonate, citrate)	800mg	100
Magnesium (oxide, citrate)	350mg	93
Vitamin C (ascorbic acid)	500mg	625
Boron (sodium borate)	2mg	
in a base of Malic acid	1165mg	

**Directions:** stir one rounded teaspoon into a small amount of water or juice and drink immediately. Best taken after an evening meal, or as directed by your healthcare practitioner.

## Ordering Information:

Code	Size	Description	Barcode
307	150g	Calcium Magnesium & Boron Powder	5060003593072

In stock and available to order. Call 01327 878050  
or email [info@viridian-nutrition.com](mailto:info@viridian-nutrition.com)