



Category 5 Minerals



**CORAL CALCIUM**  
(100 Vcaps) #101276

**Description:** Coral Calcium is a natural complex of calcium and trace minerals derived from fossilized stony coral. It is by far one of the most popular supplements on the market today. GFY Coral Calcium contains Vitamin D & Magnesium.

**Contents / Ingredients**

**Traditional Therapeutic Action**

**Our Body's Relationship with Calcium** Calcium is the most abundant mineral found in the body and is involved in many bodily functions. Ironically, it is one of the hardest nutrients for your body to absorb. Coral Calcium also helps to balance pH (acid-alkaline balance). A healthy body always maintains a neutral or slight alkaline pH range. Lower pH (acidic state) is a red flag for disease or illness in the body.

**Why Calcium from Coral?** Two reasons: One is the coral itself. Most coral is actually a colony of living invertebrate animals that reside in stony, protective exoskeletons. These exoskeletons contain almost every trace of mineral found in the human body, including calcium. In fact, coral is very much similar to human bones. The other reason is seawater. Because of its proximity to the earth's crust and underwater volcanic eruptions, seawater is very high in minerals (alkaline pH), and the composition of those minerals is very similar to that of most plants and animals on earth. Fossilized coral has soaked in seawater for years and has partially absorbed its mineral content. As the seas have receded over time, fossilized coral has been left above water, rich in minerals and readily available for harvesting without causing damage to living reefs.

**Good For You Coral Calcium** is harvested ONLY from above-ground sources in *Okinawa, Japan*, thereby protecting existing coral reefs. This source also contains the least amount of contaminants.

**How Absorbable is Coral Calcium?** Coral calcium is universally known for being absolutely one of the easiest forms of calcium to absorb. But, in order for our body to absorb and synthesize calcium, certain other vitamins and minerals must be present. Vitamin D, for example, is necessary for high absorption of calcium. Magnesium is also essential when taking a Calcium supplement as the body uses magnesium to absorb calcium. These vitamins and minerals must be in proper proportions, and Good For You's Coral Calcium guarantees the correct blend.

**Why only fossilized Coral?** Coral reefs are very delicate underwater ecosystems. Harvesting coral exoskeletons directly from living reefs is extremely damaging to the reef and the surrounding marine life that depends on the coral for food and shelter. If you are already taking a form of Coral Calcium, we would ask you to please consider the detrimental effects on our coral reefs if you are using a form that is harvested from underwater or living reefs. Ever wondered why fish and large mammals in the ocean live, on the average, much longer than humans do? Some speculate that it is due to the fact of that the ocean has an alkaline pH, and contains highly absorbable forms of minerals. Can humanity somehow tap into this secret to becoming healthier, longer-living creatures? Maybe Coral Calcium and the minerals within fossilized reefs will bring us closer.

**Supplement Facts**

Serving Size 2 Vcaps Servings per Container 50

	Amount Per Serving	% Daily Value
Vitamin D (as Ergocalciferol - a vegetarian source)	400 IU	100%
Calcium (from Fossilized Coral Calcium)	500 mg	50%
Magnesium (from magnesium oxide, citrate, and aspartate)	250 mg	60%
Fossilized Coral Calcium	1.43 g (1,430 mg)	(*)

(\*) Daily Value not established.

Other ingredients: cellulose (capsule) maltodextrin and mixed tocopherols.

Contains no yeast, wheat, gluten, salt, soy, milk or preservatives.

**SUGGESTED DOSAGE:** Take 2 Vcaps 1 to 2 times daily, preferably before meals with water

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.