

**All of the Daily Essentials™ now contain 400 I.U. of Cholecalciferol
(Vit. D-3), 100% of the RDA.**

More and more physicians who treat severe osteoporosis want supplements for their patients that provide at least 400 I.U. of vitamin D-3. That's 100% of the RDA. Some specialist M.D.'s advise their patients to take 800 I.U. of vitamin D-3 and 2,000 mg of calcium. Those doses are potentially problematic and might lead to vitamin D-3 toxicity and kidney stones. Your physician must follow you carefully if such a heavy regimen is prescribed. Some advise their patients to take two of the Daily Essentials, one in the morning and one in the evening, but this heavy dosing of vitamin D-3 and calcium **must not extend beyond one year and must be under your doctor's supervision.**

Generally, one packet of the Daily Essentials is all that is required, together with a prescription drug like Fosamax®, plus your regular exercise regimen.

APC uses **purified** calcium carbonate, lightly packed, in capsules. Regardless of which calcium salt is used, the carbonate, or citrate, calcium is liberated within minutes in the stomach's strong acid environment. The carbonate provides the RDA of 1200 mg of calcium in just three capsules. The citrate salt requires five, if the capsules are packed equally lightly, as they should be. Tight packing and compression of any calcium salt decreases the availability of the calcium. We pack lightly.

We deliver the World's only scientifically pure, stabilized, highly absorbable antioxidants, co-factor vitamins, and safe minerals. Safety tested over 20 Years. HMP brings science to life©. Visit the HMP web site at www.glutathionescience.com and our pharmaceutical company's web site, at www.thyogen.com. Tell your doctor to do the same. Both web sites are richly endowed with advanced scientific information and great illustrations.