



Calcium Tablet

- **Supports Physical Performance**

Strong bones provide a stable framework, enabling you to train and perform at your best.

- **Improves Range of Motion**

Healthy bones support joints and muscles, allowing a full range of safe, effective movements.

- **Reduces Risk of Injury**

Strong bones are less likely to fracture or sustain damage during intense workouts.

- **Withstands Heavy Training**

As training loads increase, strong bones help bear the additional strain and pressure.

- **Prevents Wear and Tear**

Good bone health helps minimize long-term damage that could affect mobility and function.

Use : 1 Tablet twice a day or as directed by the dietician.



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- **Aids Recovery**

Healthy bones repair more efficiently, reducing the risk of small injuries becoming permanent.

- **Enhances Posture and Alignment**

Proper bone strength and structure help maintain correct posture, which supports overall balance.

- **Supports Muscle Function**

Bones anchor muscles; strong bones improve muscle leverage and movement efficiency.

- **Boosts Confidence in Physical Activity**

Knowing your body is structurally sound encourages more active and intense participation.

- **Promotes Long-Term Mobility and Independence**

Strong bones protect against age-related decline, ensuring you stay active and self-sufficient longer.

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