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Cal-EZ is an all-natural, clinically studied calcium and vitamin D powdered supplement. Each packet comes in a 1,000 mg serving. Cal-EZ is gluten-free, vegetarian and meets the standards for Good Manufacturing Practices. With no dyes, preservatives or added fillers, Cal-EZ is a convenient and versatile way to meet daily calcium recommendations; simply add half a packet of Cal-EZ powder to your a.m. tea or coffee and the rest into your afternoon or postworkout smoothie or as part of your daily water consumption.

A 2014 **clinical study** indicates that calcium consumed in powder form absorbs more efficiently than pill form.

Cal-EZ powder is tasteless and water soluble, mixing in seamlessly with water, coffee, tea or orange juice. Add it to smoothies, soups, pasta, oatmeal or baked into your favorite energy bar or muffin recipe.

Founded
2013

Headquartered
Reston, VA



Ingredients

Each individual Cal-EZ packet contains

- 2.5 grams of calcium carbonate (1,000 milligrams elemental calcium)
- 1,000 international units of vitamin D3 (cholecalciferol)

Purchase quantity:

- Increments of 30-day supplies





Danielle Omar, RD
www.foodconfidence.com

Your Health and Nutrition Resource

Contact us today to learn how we can be a resource for your blog post, article or broadcast segment about:

- Supplements - to take them, or not
- Calcium and the ultra active
- Calcium and pregnancy
- Calcium and vitamin D as a natural energy booster
- Calcium and its effects on sleep hygiene
- The important role calcium plays in maintaining and fortifying bone health
- Lesser known ways calcium supports overall health
- Why it's important to meet daily calcium and vitamin D recommendations
- Reasons you may want to consider a calcium supplement
- What plays into vitamin D deficiency

Danielle Omar is a registered dietitian and integrative nutritionist helping people gain confidence in their nutrition choices. She has contributed to outlets including Shape, Buzzfeed, Women's Health and Washington Post, just to name a few.

Danielle was named top nutritionist by Washingtonian Magazine, and works with clients all over the country. Her bi-annual online wellness program Nourish is a repeat hit.

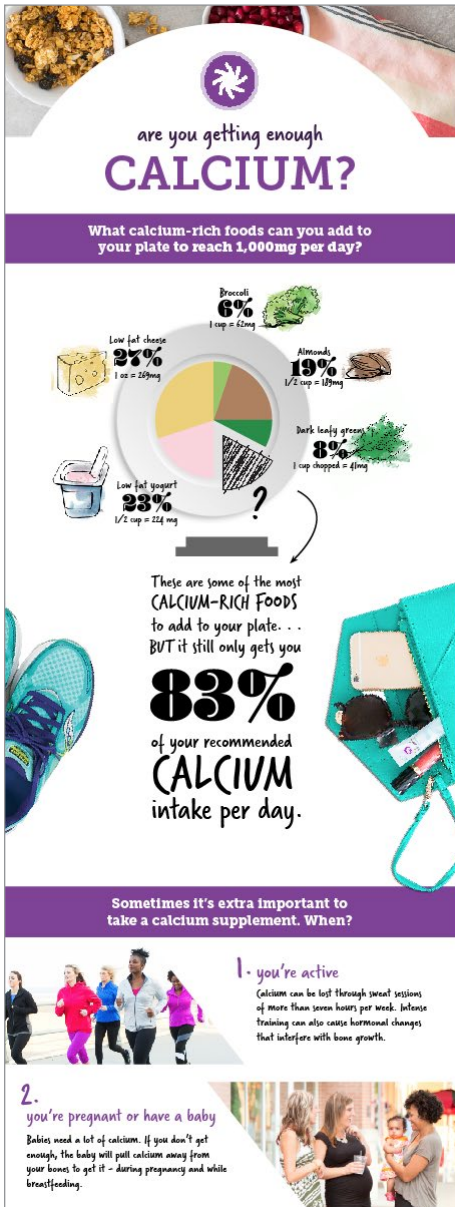
Cal-EZ Blog

Here's an example of some of our most popular posts:

- 7-Day Healthy Skillet Dinner Plan
- The Ultimate 20 Minute At-Home Workout
- Menopause and Nutrition: What You Need to Know
- 6 Quick Energy-Boosting Tips

[Read the Blog Here](#)





Download this infographic to help illustrate your health, fitness or nutrition story.

Connect

Customer Service

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Contact

marketing@cal-ez.com

Recipe Ideas

Mix Cal-EZ into one of Danielle Omar's smoothies for a nourishing boost of calcium, vitamin D and other essential nutrients:

Wild Blueberry Oat Smoothie

Ingredients:

- 1 cup frozen wild blueberries
- 1/2 avocado
- 1/4 cup hemp seeds
- 1 small banana, frozen
- 1 large handful baby spinach (or whatever greens you have on hand)
- 2 dates, pitted
- 8 ounces unsweetened coconut milk

Directions

Blend all ingredients in a high powered blender. Add more dates to achieve desired sweetness, if necessary.





Community Impact

Through Cal-EZ's Unbreakable Awards honoring women in the health community, \$2 from every purchase made in March went into the Unbreakable Award fund. Take a look at this **year's winners**.

What Cal-EZ Fans Say

"I was determined to see if the claims were true, so I first put a packet in my cup of coffee. The fine powder made it look like I had just added creamer, it dissolved completely, and did not alter the taste of my morning java. . . yay"



"Was impressed, really had no flavor in plain water."

"Unlike the other stuff that is available over the counter, this is much easier to digest and therefore could really help those who need it." -Josh



"I had a Vitamin D deficiency after my pregnancy, and Cal-EZ has been the perfect addition to my day that keeps my levels where they need to be. It's an added bonus to know it supports bone health too."

"I actually look forward to using this supplement each day. **Cal-EZ** is very easy to incorporate into my daily routine, and so I know that I will be consistent in using it. . . WIN. It dissolves well and there is no annoying aftertaste. And the best thing: **NO MORE** horse pills. . . so happy!"