

Harper's BAZAR

NEW FASHION
& BEAUTY



TREND ALERT

A magic pill?

Some people swear that this supplement controls moods, increases energy, reverses aging and helps cure cancer. But most health experts disagree. "Skip it," says nutritionist **Oz Garcia, Ph.D.** "There's nothing in coral calcium that substantiates any of these grandiose claims," he says. "All it has is a great marketing campaign." The FTC and FDA agree, charging some companies who sell the supplement with making false assertions. Every woman should still take calcium carbonate or citrate to help build bones, teeth and nails. Consult your doctor first.

