



Beauty Starts on the Inside™

DIRECTIONS: For adults, take two (2) tablets up to two times daily, preferably with a meal.

No Artificial Flavor or Sweetener, **No** Preservatives, **No** Sugar, **No** Milk, **No** Lactose, **No** Gluten, **No** Wheat, **No** Yeast, **No** Fish.



Laboratory tested to meet strict quality control standards for potency, purity and disintegration. 100% Quality Guaranteed.



Nutrition Questions or Comments?
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards™ program, visit www.NaturesBounty.com



Carefully Manufactured by **NATURE'S BOUNTY, INC.**
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OPTIMAL SOLUTIONS®

TIME RELEASED CALCIUM 600mg

Bone Density Builder*

May Reduce the
Risk of Osteoporosis**



INCLUDING:
Vitamin D3, Genistein
& Trace Minerals

Beauty Starts on the Inside™

90 coated tablets **DIETARY SUPPLEMENT**

TIME RELEASED CALCIUM 600mg

Bone Density Builder*

Time Released supplements allow for the release of contents over a period of time. Nature's Bounty Time Released Calcium & Vitamin D3 with Genistein is a comprehensive formula developed to help strengthen, nourish and add density to your bones.* Calcium plays a vital role in achieving peak bone mass, Vitamin D and Magnesium are necessary for bone mineralization while the isoflavone Genistein helps balance bone turnover in women.* These nutrients work synergistically to help maintain overall bone health.*

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Prod. No. 50876

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 45

Amount Per Serving		%Daily Value
Vitamin D (as D3 Cholecalciferol)	400 IU	100%
Calcium (as Calcium Carbonate and Calcium Citrate)	600 mg	60%
Magnesium (as Magnesium Oxide)	50 mg	13%
Zinc (as Zinc Oxide)	7.5 mg	50%
Copper (as Copper Gluconate)	1 mg	50%
Manganese (as Manganese Gluconate)	2 mg	100%
Molybdenum (as Molybdenum Amino Acid Chelate)	75 mcg	100%
Boron (as Sodium Borate)	250 mcg	***
Genistein	27 mg	***

***Daily Value not established.

Other Ingredients: Vegetable Cellulose. **Contains <2% of:** Silica, Titanium Dioxide Color, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

**Adequate Calcium and Vitamin D, as part of a well-balanced diet, along with physical activity, may reduce the risk of osteoporosis.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Part No. 22-50876

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