



# calcium magnesium zinc

2:1 calcium  
to magnesium ratio

mineral  
100 tablets  
dietary supplement

bones ▼  
teeth ▼

gluten  
free

dairy  
free

soy  
free

nut  
free

actual size

## Supplement Facts

Serving Size 2 Tablets  
Servings Per Container: 50

	Amount Per Serving	% Daily Value
Vitamin D (as cholcalciferol)	5 mcg	25%
Calcium (as calcium carbonate)	1000 mg	80%
Magnesium (as magnesium oxide, magnesium amino acid chelate)	500 mg	120%
Zinc (as zinc oxide, zinc amino acid chelate)	25 mg	230%
Betaine HCl	100 mg	*
Glutamic Acid HCl	80 mg	*

\* Daily Value not established.

**Other ingredients:** Stearic acid, croscarmellose sodium, aqueous coating, microcrystalline cellulose, magnesium stearate, silicon dioxide, hydroxypropylcellulose, titanium dioxide (for color).

**Does not contain:** Gluten, Sugar, Salt, Preservatives, Artificial Colors or Flavors.

▼ 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.

**DIRECTIONS:** Take two (2) tablets daily, preferably with meals.

**WARNING:** Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

STORE IN A COOL, DRY PLACE.  
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT  
Do not use if outer seal  
is broken or missing.

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