

TEAR HERE

USE CUP TO TRACK

M T W Th F S Su

DIAL A DAY™

Use Dosage Cup to Track Daily Use.

Place dosage cup over bottle cap
and align letter of week with
DIAL A DAY line above.

Supplement Facts

Serving Size 2 Tablespoons (Tbsp)(1fl. oz./30 mL)
Servings per Container 16

Amount per Serving		% DV
Calories	20	
Total Carbohydrate	3 g	1%†
Total Sugars	0 g	**
Includes 0 g Added Sugars		0%†
Sugar Alcohols	2 g	**
Vitamin D3 (as Cholecalciferol)	25 mcg	125%
Calcium (as Calcium Citrate and as Calcium Magnesium Citrate)	1 g	77%
Magnesium (as Calcium Magnesium Citrate)	40 mg	10%
Sodium	10 mg	<1%
Boron (as Boron Aspartate)	250 mcg	**

†Percent Daily Values (DV) are based on a 2,000
calorie diet. **Daily Value not established.

Other ingredients: Purified Water, Glycerin, Citric
Acid (Preservative To Maintain Freshness),
Natural Flavors, Fruit And Vegetable Blend Color,
Dextrin, Potassium Sorbate (Preservative To
Maintain Freshness), Xanthan Gum, Sodium
Benzoate (Preservative To Maintain Freshness),
Sucralose, Carotenes Color, Mixed Tocopherols,
Calcium Disodium EDTA



RECOMMENDATION: SHAKE WELL.
Take 2 Tablespoons (1 fluid ounce)
daily with or without food, either
directly or mix into water or juice.
May be taken as two dosages, 1
Tablespoon (1/2 fluid ounce) twice
daily. Do not exceed recommended
daily serving. If pregnant, nursing, or
taking any medications, consult a
healthcare professional before use.

DOSAGE CUP PROVIDED on top
of bottle. Wash after each use.

TAMPER EVIDENT. Safety sealed with
printed outer shrink-sleeve over bottle
cap and printed inner seal. Do not use
if either seal is broken or missing.

Keep out of reach of children.
**Can be stored at room temperature
or refrigerated. Best used within
3 months after opening.**

➤ FAST ABSORBING LIQUID

*helps you maintain strong bones.**

➤ NOW 100% CITRATE easily

*absorbs with or without food. Optimize
absorption of Calcium with Vitamin D3
and Magnesium.*

➤ ADEQUATE CALCIUM & VITAMIN D throughout life, as part

*of a well-balanced diet, may reduce the
risk of osteoporosis.*

➤ SMALL 1 OZ SERVING

is easier than swallowing tablets.

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



ST1389 BL08388
LST1389.B01

FAST ABSORBING LIQUID

SINCE **Nature's Way** 1969

Calcium & Vitamin D3

BONE STRENGTH*

Calcium 1,000 mg – 100% Citrate

Vitamin D3 25 mcg

with Magnesium



**Citrus Flavored
Sugar Free**

16
SERVINGS
JUST 2 Tbsp DAILY

16 Fluid Ounces (480 mL) • Dietary Supplement

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Questions? 1-800-9NATURE / naturesway.com