

Central Market
HER

Cal-Mag Zinc

With Vitamin D3

Promotes Bone, Nerve,
and Overall Health*

Mineral Supplement

* GLUTEN FREE

100 Vegetarian Tablets

Supplement Facts

Serving Size 2 Tablets

Servings Per Container 50

Amount Per Serving

% Daily Value

Vitamin D3 (as cholecalciferol)	200 IU	50%
Calcium (from calcium carbonate)	1,000 mg	100%
Magnesium (from magnesium oxide, chelate**)	500 mg	125%
Zinc (from zinc oxide chelate**)	25 mg	157%
Betaine HCl	100 mg	*
Glutamic Acid HCl	100 mg	*

* Daily Value not established.

** Amino acid chelate.

OTHER INGREDIENTS: CELLULOSE, CALCIUM STEARATE (VEGETARIAN SOURCE), SILICA, STEARIC ACID (VEGETABLE SOURCE), MODIFIED CELLULOSE GUM, GLYCERIN.