

Minerals

Family owned since 1968.

## Supplement Facts

Serving Size 2 Tablets    Servings Per Container 125

|                                                                     | Amount<br>Per Serving | % Daily<br>Value |
|---------------------------------------------------------------------|-----------------------|------------------|
| Vitamin D <sub>2</sub><br>(as Ergocalciferol - a vegetarian source) | 10 mcg (400 IU)       | 50%              |
| Calcium (from Calcium Citrate)                                      | 600 mg                | 46%              |
| Magnesium<br>(from Magnesium Oxide and Magnesium Aspartate)         | 300 mg                | 71%              |
| Zinc (from Zinc AAC*)                                               | 15 mg                 | 136%             |
| Copper (from Copper AAC*)                                           | 1 mg                  | 111%             |
| Manganese (from Manganese AAC*)                                     | 5 mg                  | 217%             |

Other ingredients: Hydroxypropyl Cellulose, Vegetarian Coating, Croscarmellose Sodium, Silicon Dioxide, Magnesium Stearate (vegetable source) and Stearic Acid (vegetable source).

Manufactured & Quality Tested by NOW FOODS  
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA  
nowfoods.com

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

AAC\* = Amino Acid Chelate



# Calcium Citrate

Supports Bone Health\*

- Bone Metabolism Formula with Minerals & Vitamin D-2\*
- Highly Bioavailable Calcium

250 Tablets

A Dietary Supplement    Vegetarian/Vegan



**Suggested Usage:** Take 2 tablets daily, preferably in divided doses, with food.

Calcium citrate is a readily digested and absorbed form of calcium, a mineral that is necessary for the maintenance of bone health.\* Vitamin D, magnesium, zinc, copper, and manganese have been included for their essential roles in bone metabolism.\*

\*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.

**Caution:** For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

TABLET SIZE

CODE 1232D V11



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