

KEEP OUT OF REACH
OF CHILDREN.
Store in a cool, dry place.
For More Information:
1-888-462-2548
GNC.com
Distributed by:
General Nutrition
Corporation
Pittsburgh, PA 15222 USA

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



Vegetarian Calcium

Calcium from sea algae plus
vegetarian vitamins D-3 and K-2,
essential for building
strong, healthy bones*



gluten free



non gmo



vegetarian

VITAMIN/MINERAL SUPPLEMENT | 90 VEGETARIAN CAPLETS

CODE 121221

DTG

DIRECTIONS: As a vitamin/mineral supplement, take three caplets daily with food.

Supplement Facts

Serving Size Three Caplets/Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin D 25 mcg (1000 IU).....	125%
(as Cholecalciferol D-3)(from Vitashine Lichen)	
Calcium (as Calcium Carbonate).....	77%
(from Aquamin™ Sea Algae [<i>Lithothamnium spp.</i>])	
Magnesium 73 mg.....	17%
(as Magnesium Carbonate)(from Aquamin™ Sea Algae [<i>Lithothamnium spp.</i>])	
Sodium 20 mg.....	1%
MenaQ7® Vitamin K-2.....	* 80 mcg.....
(as Menaquinone-7)(from Fermented Chickpeas)	

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Hydroxypropylcellulose, Hydroxypropyl Methylcellulose, Magnesium Stearate Vegetable Source, Croscarmellose Sodium, Silicon Dioxide, Polyethylene Glycol.

WARNING: Do not use if pregnant, nursing or allergic or contraindicated to aspirin. If you are taking aspirin or blood thinning or other medication, consult your physician before using this product. Discontinue use two weeks prior to surgery or if stomach upset occurs.

No Artificial Colors, No Artificial Flavors, No Preservatives, No Wheat, Gluten Free, No Soy, No Dairy.