



IONIC-FIZZ™ Calcium Plus™

Bone Support System™
With Calcium, Magnesium and Co-Nutrients

7.41 OZ (210 G) | 1 MONTH SUPPLY

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Scoop (7 g)
Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin A (as beta carotene) (150 mcg)	250 IU	17%
Vitamin C (as ascorbic acid)	250 mg	278%
Vitamin D3 (as VitaShine™ vegan cholecalciferol) (2.5 mcg)	100 IU	13%
Vitamin B6 (as pyridoxine HCl)	1 mg	59%
Folate (as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid, glucosamine salt)	50 mcg	13%
Vitamin B12 (as methylcobalamin)	30 mcg	1250%
Calcium (from Calcium lactate)	250 mg	19%
Magnesium (from Magnesium carbonate)	300 mg	71%
Zinc (as Zinc lactate)	2 mg	18%
Copper (from Copper gluconate)	0.25 mg	28%

	Amount Per Serving	%DV
Manganese (from Manganese gluconate)	1 mg	43%
Potassium (from Potassium bicarbonate)	100 mg	2%
Bamboo extract (stem and leaf)	60 mg	*
Beet root powder	10 mg	*
Ionic Sea Minerals	10 mg	*
Grape skin extract	8 mg	*
Boron (from Boron citrate)	500 mcg	*

*Daily Value (DV) not established.

Other Ingredients: citric acid, fructooligosaccharides, stevia leaf extract, natural grape (flavor), natural strawberry (flavor), lo han extract (fruit), natural raspberry fruit powder (flavor), natural berry acai (flavor), natural mixed berry (flavor), natural grape (flavor)

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Ionic-Fizz™ Calcium Plus™ is an all-natural, tasty powder mix, with each scoop delivering pure calcium and magnesium ions. Calcium is vital for many life processes, but must be balanced by sufficient magnesium and other nutrients to work. Ionic-Fizz™ Calcium Plus™ stands alone in providing these key benefits:

- ✓ Supports Bone Health*
- ✓ Supports Healthy Stress Response*
- ✓ Supports Muscle Comfort*
- ✓ Supports Healthy Sleep Patterns*

Ionic-Fizz™ Calcium Plus™ provides 300 mg of ionic magnesium in its most absorbable form PLUS 14 other vital nutrients and 72 trace minerals that help it do its many jobs.

* 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.

Suggested Use: (1) scoop daily (an hour before bed if used to support sleep). Stir in warm or cold water or your favorite beverage.

Storage: Keep closed in a cool, dry place.

Caution: Keep all supplements out of children's reach. Not intended for use during pregnancy.

Does NOT Contain: wheat, milk, tree nuts, peanuts, soy, eggs, fish, shellfish



EXPIRATION & LOT #

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