



Suggested Use: As a dietary supplement, take 3 tablets daily.
FOR DAILY USE.

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 30

Amount Per Serving	% Daily Value	
Vitamin D (as cholecalciferol)	50 mcg (2,000 IU)	250%
Magnesium (as TRAACS® magnesium bisglycinate chelate buffered – magnesium bisglycinate chelate, magnesium oxide)	350 mg	83%
Zinc (as zinc monomethionine OptiZinc®)	5 mg	45%
Boron (as boron citrate)	3 mg	†

† Daily Value not established.

Other Ingredients: Microcrystalline cellulose, dicalcium phosphate, stearic acid, croscarmellose sodium, vegetable magnesium stearate, silicon dioxide, Nutrapure™ Organic Coating (organic maltodextrin, organic sunflower lecithin, organic palm oil, organic guar gum).

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