



Suggested Use: As a dietary supplement, adults take 3 tablets daily in the late evening (or before bed), or take as directed by your health care professional.

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 30

Amount Per Serving	% Daily Value	
Vitamin D (as cholecalciferol)	1000 IU	250%
Vitamin K (as vK2™ Menaquinone-4)	80 mcg	100%
Calcium (as calcium citrate, carbonate)	400 mg	40%
Magnesium (as magnesium citrate, oxide)	400 mg	100%
Zinc (as L-OptiZinc® Zinc mono-L-methionine)	11 mg	73%
Melatonin	3 mg	†
Boron (from 113 mg FruiteX-B™ PhytoBoron)	3 mg	†
<i>trans</i> -Resveratrol (from <i>Polygonum cuspidatum</i> root extract)	10 mg	†

† Daily Value not established.

Other ingredients: Vegetable stearic acid, croscarmellose sodium, vegetable magnesium stearate, cellulose, purified water, and vegetable glycerin.

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FruiteX-B™ is a trademark of FutureCeuticals, U.S. Patent #5,962,049.

L-OptiZinc® is a registered trademark of InterHealth Nutraceuticals, Inc. Patented under U.S. Patent #4,764,633 and #5,278,329.

L·OptiZinc®

Not for use by those under 18 years of age. Do not take when operating machinery or driving a vehicle. If you are pregnant, nursing, or taking any prescription drugs, consult a health professional before using this product.