

Free of • gluten • wheat • milk/dairy • nuts • soy • eggs • fish • shellfish • yeast • sugar • artificial additives.

JUST1ONCE®

100% Recycled, 100% Recyclable,  
BPA-Free Bottle  
Please Remove label to recycle bottle.  
To open, press along perforation.

- Enhanced-absorption bone-builder\***  
Just one tablet per day helps build bone and relax muscles.\* Provides 500 mg of calcium – the exact amount the body can absorb at one time – plus co-factors necessary for calcium absorption & utilization.\*
- **Helps build and strengthen bones & teeth\***  
2:1 Calcium to Magnesium ratio
  - **Supports muscle relaxation & bone flexibility\***  
Magnesium • Vitamin D3
  - **Promotes enhanced calcium absorption & utilization**  
Magnesium • Vitamin D3
  - **Gentle on the stomach: can be taken with or between meals**  
Organic spirulina • Betaine HCl



**SUGGESTED USAGE:** Take one tablet per day, with or between meals. May take 2 per day in divided doses for advanced usage.

\* 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.



# Calcium

With Magnesium & Vitamin D3

**Supports bone density & muscle relaxation\***  
**Promotes enhanced absorption & utilization\***  
**Gentle on the stomach**

Gluten-Free | Dairy-Free  
180 Tablets | Dietary Supplement

| Supplement Facts                                                        |                    |      |
|-------------------------------------------------------------------------|--------------------|------|
| Serving Size 1 Tablet                                                   |                    |      |
| Servings Per Container 180                                              |                    |      |
|                                                                         | Amount Per Serving | % DV |
| Vitamin D3 (as cholecalciferol)                                         | 13 mcg             | 65%  |
| Calcium (as calcium carbonate, calcium chelate, calcium citrate-malate) | 500 mg             | 38%  |
| Magnesium (as magnesium oxide, magnesium aspartate)                     | 250 mg             | 60%  |
| Betaine hydrochloride                                                   | 20 mg              | †    |
| Stinging nettle (leaf) powder                                           | 20 mg              | †    |
| Horsetail (stem) powder                                                 | 20 mg              | †    |
| Organic spirulina                                                       | 20 mg              | †    |

†Daily Value (DV) not established.  
Other ingredients: Croscarmellose sodium, microcrystalline cellulose, stearic acid, coating (hydroxypropyl cellulose, pharmaceutical glaze).

KEEP OUT OF REACH OF CHILDREN.  
Consult a health care professional prior to use if you are taking medication or have a medical condition.

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