

NEXT CENTURY NUTRITION™



- Combines many essential nutrients that help support bone health*
- Made with the preferred Calcium Citrate, which is more easily absorbed

Suggested use:
Adults, take five (5) tablets daily, preferably with food and drink.



FREEDA®

SINCE



1928

Fem Cal Citrate Calcium Complex

BONE & JOINT SUPPORT*



Promotes Healthy Bones*

250 TABLETS

DIETARY SUPPLEMENT

Questions? Comments?

Please contact us at 1-800-777-3737
Manufactured for:

Freeda Health / Brooklyn, NY 11210
www.freedahealth.com



KOSHER PAREVE



- No Gluten
- No Lactose
- No Artificial Colors
- No Artificial Flavors
- No Animal Derivatives
- No Sugar or Starch
- No Gelatin
- No Yeast

Supplement Facts

Serving Size: 5 Coated Tablets

Servings Per Container: 50

	Amount Per Serving	% Daily Value
Vitamin D (as 1000 IU ergocalciferol)	25 mcg	125%
Vitamin K2 (as menaquinone-7) (MK7)	100 mcg	83%
Calcium (as calcium citrate)	1000 mg	77%
Magnesium (as magnesium oxide)	500 mg	119%
Manganese (as manganese gluconate)	2.3 mg	100%
Horsetail Stem Extract (7% silica)	10 mg	**
Boron (as boron citrate)	2 mg	**

** Daily Value not established

Other ingredients: Microcrystalline cellulose, calcium phosphate, vegetable magnesium stearate, silica, vegetable glycerin coating, croscarmellose sodium, stearic acid.

Keep out of reach of children. Store in a cool, dry place. Do not expose to excessive heat or moisture. If you are pregnant, nursing, taking blood thinners or other medication, or have a medical condition, consult your health care practitioner prior to using this product.

*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.

ITEM 0342-2