

Prod. No. 1990  
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**Puritan's Pride®**

Prod. No. 1990

# CALCIUM MAGNESIUM POTASSIUM

**100  
Tablets**

**Dietary  
Supplement**

0 74312 11990 3

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## Supplement Facts

Serving Size 2 Tablets  
Servings Per Container 50

| Amount Per Serving                                                               |        | %Daily Value |
|----------------------------------------------------------------------------------|--------|--------------|
| Calories                                                                         | 5      |              |
| Total Carbohydrate                                                               | 2 g    | 1%*          |
| Dietary Fiber                                                                    | <1 g   | 4%*          |
| Calcium<br>(as Calcium Carbonate, Calcium Citrate and Calcium Aspartate)         | 500 mg | 50%          |
| Magnesium<br>(as Magnesium Oxide, Magnesium Citrate and Magnesium Aspartate)     | 500 mg | 125%         |
| Sodium                                                                           | 10 mg  | <1%          |
| Potassium<br>(as Potassium Gluconate, Potassium Aspartate and Potassium Citrate) | 99 mg  | 3%           |

\*Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Cellulose (Plant Origin), Croscarmellose, Cellulose Coating, Titanium Dioxide Color, Vegetable Magnesium Stearate.

Coated for ease of swallowing

**DIRECTIONS:** For adults, take two (2) tablets daily, preferably with a meal. As a reminder, discuss the supplements and medications you take with your health care providers.

**WARNING:** If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

**KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT. DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.**

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