

Adequate calcium intake is important but daily intakes above 2000 mg are not likely to provide any additional benefits. For persons with a family history of osteoporosis, menopausal women, or elderly men and women, adequate calcium intake is linked to reduced risk of osteoporosis through the mechanism of slowing the rate of bone loss. Regular exercise and a healthy diet with enough calcium helps all women approximately 11 to 35 years of age maintain good bone health and may reduce their high risk of osteoporosis later in life. **TAMPER EVIDENT:** Do not use this product if imprinted foil seal under cap is broken or missing. Mfg. in an FDA Registered Facility using Good Manufacturing Practices (GMPs). Keep tightly closed. Store at room temperature 59°-86° F (15°-30° C). Use before date shown. **KEEP OUT OF REACH OF CHILDREN.** NOTICE: This product is sold by weight and not by volume. You can be assured of proper weight even though some settling of contents may occur during shipping and handling.

DIRECTIONS: As a dietary supplement, take 1 teaspoon daily. Put one (1) teaspoon of the powder into a cup. Fill cup 1/2 full with hot water. CALNESIUM-CEE will begin to fizz. Stir until water is clear. Fill the rest of the cup with fruit juice, cold water or add an herbal tea bag and finish filling with hot water. **CAUTION:** If you are pregnant or nursing, consult your physician before taking this product.

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Vitamin D

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#6101

**A Fast-Absorbing Calcium and Magnesium
Beverage Powder with Lemon and Vitamin C**

"Calcium Builds Strong Bones"

Gluten Free

Dietary Supplement

Net Wt 8 oz (227 g)

Fight OSTEOPOROSIS

Supplement Facts

Serving Size 1 Teaspoon

Servings Per Container 32

Amount Per Serving	% DV
Vitamin C (as L-ascorbic acid).....	500 mg833%
Vitamin D-3 (as cholecalciferol)	600 IU150%
Calcium (as calcium gluconate).....	400 mg40%
Magnesium (as magnesium carbonate)	200 mg50%

* Daily Value not established.

Other ingredients: Citric acid, lemon juice powder. Rev. #02
Dist. by: **Wonder Laboratories®**, 115 S.C.T. Ct.
White House, TN 37188 **Made in USA**