

TRADER JOE'S®

**CALCIUM,
MAGNESIUM
+ VITAMIN D**
IN A GREEN FOOD
BASE
DIETARY SUPPLEMENT

60 TABLETS
GLUTEN FREE

SUGGESTED USE: Take 1 tablet daily, with or between meals, or more if desired. For best results, take with a meal.

People with medical concerns should check with their physicians before using this or any dietary supplement.

This combination of Calcium, Magnesium and Vitamin D is delivered in a base of whole foods, so it's gentle on the stomach. Like all Trader Joe's brand supplements, it's free of the artificial flavors and preservatives so often found in dietary supplements.



Supplement Facts

Serving Size 1 tablet
Servings Per Container 60

Amount Per Serving	% Daily Value	
Vitamin D3 (as cholecalciferol)	500 IU	125%
Calcium (carbonate, amino acid chelate, citrate-malate)	500 mg	50%
Magnesium (oxide, aspartate)	250 mg	63%
Betaine HCl	20 mg	†
Mineral-Rich Botanicals:		
Stinging Nettle tops (powder)	20 mg	†
Horsetail (whole herb)	20 mg	†
Spirulina	20 mg	†

† Daily Value not established

OTHER INGREDIENTS: Microcrystalline Cellulose, Stearic Acid (vegetable), Croscarmellose Sodium, Magnesium Stearate (vegetable), Silicon Dioxide, Pharmaceutical Glaze, Hydroxypropyl Cellulose, Magnesium Silicate.

Dist. & Sold Exclusively By:

Trader Joe's, 800 S. Shamrock, Monrovia, CA 91016

Store in a cool, dry place, out of reach of children.

CONTAINS NO SUGAR, LACTOSE, GLUTEN, SOY, WHEAT OR ALLERGENIC YEASTS. CONTAINS NO ARTIFICIAL FLAVOR, SWEETENERS, COLOR OR ADDED PRESERVATIVES.

TABLET SIZE

2355 10/2015

Exp.Date/Lot #: