

Osteo-Citrate™ is a convenient, ratio balanced blend of calcium and magnesium. Calcium, along with regular exercise and a healthy diet, can play a significant role in reducing the risk of bone loss or bone thinning and in protecting bone strength. Magnesium plays an important role in calcium metabolism and functions together with calcium in bone formation, muscle contraction and relaxation, and nerve transmission.

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

DIRECTIONS: Take one tablet twice daily or as directed by your healthcare practitioner.

CAUTION: Keep out of the reach of children.

STORAGE: Keep tightly closed in a cool, dry place.

Formulated to Exclude: Wheat, gluten, corn protein, soy, animal or dairy products, nuts, tree nuts, fish, crustacean shellfish, colors, artificial sweeteners, and preservatives.

 **Metagenics**
Genetic Potential Through Nutrition

Osteo-Citrate™

Ratio Balanced Formula

Dietary Supplement • Vegetarian

270 TABLETS

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 270

	Amount Per Serving	% Daily Value
Calcium (as calcium citrate)	200 mg	20%
Magnesium (as magnesium oxide)	150 mg	38%

Other Ingredients: Stearic acid, microcrystalline cellulose, croscarmellose sodium, magnesium stearate, silica, and coating (deionized water, microcrystalline cellulose, polyethylene glycol, and carrageenan).

Developed and Manufactured by:
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