OVER 50 YEARS OF EXPERTISE





Calcium Magnesium Zinc

VALUE SIZE

Helps support strong bones

May reduce the risk of osteoporosis

See back panel for information about the relationship between calcium, vitamin D and osteoporosis

Dietary Supplement

SUGGESTED USE:

Adults, take 1 tablet up to 3 times daily with water and a meal.

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

Do not use if imprinted seal under cap is broken or missing.

CAUTION: If you have kidney disease or are taking any medication, consult your physician before use.

Adequate calcium and vitamin D throughout life, as part of a well-balanced diet, may reduce the risk of

- No Synthetic Dyes Color Derived from Natural Source
- ✓ No Artificial Flavors
- ✓ Gluten Free

osteoporosis.

Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	% Daily Valu	16
Vitamin D ₃ (as Cholecalciferol) 5	mcg (200 IU) 25	%
Calcium (as Calcium Carbonate)	333 mg 26	%
wagnesium (as Magnesium Oxid	de) 133 mg 32	%
Zinc (as Zinc Sulfate) 5 mg	45	%

DISTRIBUTED BY:

Nature Made Nutritional Products
West Hills, CA 91309-9903, USA
1-800-276-2878 • www.NatureMade.com

USP has tested and verified ingredients, potency and manufacturing process
USP sets official standards for dietary supplements. www.uspverified.org

OTHER INGREDIENTS:

Cellulose Gel, Maltodextrin, Croscarmellose Sodium, Hypromellose, Silicon Dioxide, Color Added, Magnesium Stearate, Polyethylene Glycol, Triethyl Citrate, Polysorbate 80, Sodium Citrate, Gelatin.