



Suggested usage: 1 tablet 2 times per day or as directed by a health professional.

Cautions: As with any supplement, consult your health professional before use if you are pregnant, breastfeeding, or trying to conceive, or if you are taking medication, have a medical condition, or anticipate a surgery. Keep out of the reach of children.

Helps in the development and maintenance of bones and teeth. * Adequate calcium and vitamin D throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis.*

Manufactured by Natural Factors to ensure safety and potency in accordance with Good Manufacturing Practices (GMP) of the FDA and Health Canada.

Contains no artificial preservatives or sweeteners; no dairy, sugar, wheat, gluten, yeast, soy, egg, fish, shellfish, salt, or GMOs. Suitable for vegetarians. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

* 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.

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PRODUCT OF CANADA

Manufactured by Natural Factors Canada

Distributed by NATURAL FACTORS

14224 167th Avenue SE

Monroe, WA 98272



Recyclable container and label.



Actual Size

DIETARY SUPPLEMENT

**natural
Factors®**

Calcium & Magnesium Citrate with D3

180 Tablets

PLUS POTASSIUM, ZINC & MANGANESE

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin D3 (cholecalciferol)	2.5 mcg (100 IU)	13%
Calcium (citrate)	250 mg	19%
Magnesium (citrate/oxide)	250 mg	60%
Zinc (citrate)	5 mg	45%
Manganese (citrate)	1 mg	43%
Potassium (citrate)	20 mg	<1%
Horsetail Extract (<i>Equisetum arvense</i>) (aerial parts)	8.9 mg	**
Silicon	100 mcg	**

** Daily Value not established.

Other ingredients: Microcrystalline cellulose, coating (carbohydrate gum [cellulose], glycerin, polydextrose, triacetin, polyethylene glycol), croscarmellose sodium, magnesium stearate (vegetable grade).



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