



Living Calcium™

Bone Density Support Formula†

**MCHA Calcium, plus Vitamins D & K
for Optimal Calcium Absorption**

120 Capslets

Whole Food Vitamin and Mineral Supplement

Supplement Facts

Serving Size 6 Capslets Servings Per Container 20

	Amount Per Serving	%DV**
Calories	15	
Sodium	50mg	2%
Total Carbohydrate	2g	1%
Fiber	2g	8%
Vitamin D ₃ *	600IU	150%
Vitamin K (Vitamin K ₁ * and Vitamin K ₂)	125mcg	156%
Vitamin B ₂ *	10mg	588%
Vitamin B ₆ *	25mg	1,250%
Folic Acid*	400mcg	100%
Vitamin B ₁₂ (methylcobalamin)	200mcg	3,333%
Calcium (MCHA)	1,000mg	100%
Iron (naturally occurring)	0.5mg	2%
Magnesium (oxide and MCHA)	500mg	125%
Zinc**	3mg	20%
Copper**	1mg	50%
Manganese**	1mg	50%
Betaine	50mg	+
Boron**	3mg	+
Bone Support Blend	4,384mg	+
Calcium (MCHA), Poten-Zyme® Vitamin D, Vitamin K Complex (Poten-Zyme® Vitamin K ₁ , Vitamin K ₂ (as Natto))		
Vital Mineral Matrix	946mg	+
Magnesium, Zinc Rice Chelate, Copper Rice Chelate, Boron Rice Chelate, Manganese Rice Chelate		
Homocysteine Balance Complex	345mg	+
Betaine, Poten-Zyme® Vitamin B ₆ , Poten-Zyme® Vitamin B ₂ , Poten-Zyme® Folic Acid, Vitamin B ₁₂		

Other Ingredients: Microcrystalline cellulose, stearates (vegetable source), vegetable coating, sodium croscarmellose, probiotic cultures

CONTAINS SOY. Gluten free. rBST free.

†† Percent Daily Values (DV) are based on a 2,000 calorie diet

* Daily Values not established

** Living Nutrient produced using the Poten-Zyme® fermentation process.

Organically bound rice protein chelate.

Suggested Use: Adults take 6 capslets daily with food. May take 2 capslets,

3 times per day. Not intended for children.

Caution: As with any dietary supplement consult your physician before using this product, especially if you are pregnant, nursing or under medical supervision.

Warning: Do not take this product if you are taking blood thinners without first consulting your physician.

Do not use if safety seal is broken or missing. Store in a cool, dry place.

Contains no artificial colors or preservatives.

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep out of reach of children. In case of accidental overdose call a physician or poison control center immediately.

Distributed by **Garden of Life, Inc.**

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