

Prod. No. 45379

**IMPORTANT FACTS YOU SHOULD KNOW**

Calcium is the primary mineral responsible for strong bones and provides the building blocks for strong teeth.\* The body also uses Calcium for proper muscle contraction and nerve function – and obtains this Calcium mainly from the bones.\* Magnesium plays an essential role in maintaining bone mineralization.\* Zinc is involved in the synthesis of collagen in bone tissue, and is essential for cell division and growth.\*

**DIRECTIONS:** FOR ADULTS, TAKE ONE (1) TO THREE (3) TABLETS DAILY, PREFERABLY WITH A MEAL. As a reminder, discuss the supplements and medications you take with your health care providers.

**WARNING:** If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

\*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.



04B  
R325-10  
B4290  
EZG  
©2007

**NATURALIST®**

*High Potency*  
**Calcium  
Magnesium  
with Zinc**

**Helps Maintain Strong Bones  
and Healthy Teeth\***



MINERAL SUPPLEMENT **100 TABLETS**

**Supplement Facts**

Serving Size 3 Tablets  
Servings Per Container 33

| Amount Per Serving                                        | %Daily Value   |       |
|-----------------------------------------------------------|----------------|-------|
| Total Carbohydrate                                        | <1 g           | <1%** |
| Dietary Fiber                                             | <1 g           | 2%**  |
| Calcium<br>(as Calcium Carbonate and Calcium Gluconate)   | 1,000 mg (1 g) | 100%  |
| Magnesium<br>(as Magnesium Oxide and Magnesium Gluconate) | 400 mg         | 100%  |
| Zinc<br>(as Zinc Gluconate and Zinc Citrate)              | 25 mg          | 167%  |
| Sodium                                                    | 10 mg          | <1%   |

\*\*Percent Daily Values are based on a 2,000 calorie diet.

**Other Ingredients:** Cellulose (Plant Origin), Croscarmellose, Cellulose Coating, Titanium Dioxide Color, Vegetable Magnesium Stearate.

**Vegetarian Formula**

KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Manufactured by Rexall Sundown, Inc.  
Boca Raton, FL 33487