

TEAR HERE

USE CUP TO TRACK
M T W Th F S Su

DIAL **a** DAY™

Use Dosage Cup to Track Daily Use.

Place dosage cup over bottle cap
and align letter of week with
DIAL A DAY line above.

Supplement Facts

Serving Size 2 Tablespoons (Tbsp) (1fl. oz./30 mL)
Servings per Container 16

Amount per Serving		% DV†
Calories	20	
Total Carbohydrate	3 g	1%‡
Total Sugars	0 g	**
Includes 0 g Added Sugars		0%‡
Sugar Alcohol	2 g	**
Vitamin D3 (as cholecalciferol)	25 mcg	125%
Calcium (as calcium citrate, 1,000 mg calcium magnesium citrate)	1,000 mg	77%
Magnesium (as calcium magnesium citrate)	40 mg	10%
Sodium	10 mg	<1%
Boron (as boron aspartate, rice protein, citric acid complex)	250 mcg	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value not established.

Other ingredients: purified water, glycerin, natural flavors, citric acid (preservative to maintain freshness), fruit and vegetable blend color, dextrin, potassium sorbate (preservative to maintain freshness), xanthan gum, sodium benzoate (preservative to maintain freshness), sucralose, carotenes color, mixed tocopherols, calcium disodium EDTA

RECOMMENDATION: Shake well before each use. Take 2 Tablespoons (1 fluid ounce) daily with or without food, either directly or mix into water or juice. May be taken as two dosages, 1 Tablespoon (1/2 fluid ounce) twice daily. Do not exceed recommended daily serving. If you are pregnant, nursing, or taking any medications, consult a healthcare professional before use.

DOSAGE CUP PROVIDED on top of bottle. Wash after each use.

Keep out of reach of children. Safety sealed with inner seal. Do not use if seal is broken or missing. Keep tightly closed. Can be stored at room temperature or refrigerated. Avoid excessive heat and direct sunlight.

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Questions? 1-800-9NATURE / naturesway.com

 **VEGETARIAN**



➤ **FAST ABSORBING LIQUID**

*helps you maintain strong bones.**

➤ **100% CITRATE** easily absorbs with or without food. Optimize absorption of Calcium with Vitamin D3 and Magnesium.*

➤ **ADEQUATE CALCIUM & VITAMIN D** throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis.

➤ **SMALL 1 OZ SERVING** is easier than swallowing tablets.

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



ST1388 BL08838C
L08T1388.002

FAST
ABSORBING LIQUID



Calcium & Vitamin D3

BONE HEALTH*

Calcium 1,000 mg per serving
100% Citrate

Vitamin D3 25 mcg per serving
with Magnesium



Citrus Flavored
Sugar Free

16
SERVINGS
JUST 2 Tbsp DAILY

16 FL OZ (1 PT) (480 mL) • Dietary Supplement