

Suggested Usage: Take 2 tablets daily, preferably in divided doses, with food.

Calcium citrate is a readily digested and absorbed form of calcium, a mineral that is necessary for the maintenance of bone health.* Vitamin D, magnesium, zinc, copper, and manganese have been included for their essential roles in bone metabolism.*

*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

This bottle is made from 100% PCR (post-consumer recycled) resin.

TABLET SIZE

CODE 1232D V12



Calcium Citrate

Supports Bone Health*

- Bone Metabolism Formula with Minerals & Vitamin D-2*
- Highly Bioavailable Calcium

250 Tablets



A Dietary Supplement Vegetarian/Vegan



Minerals

Family owned since 1968.

Supplement Facts

Serving Size 2 Tablets Servings Per Container 125

	Amount Per Serving	%Daily Value
Vitamin D (as D ₂ Ergocalciferol)	10 mcg (400 IU)	50%
Calcium (from Calcium Citrate)	600 mg	46%
Magnesium (from Magnesium Oxide and Magnesium Aspartate)	300 mg	71%
Zinc (from Zinc Chelate Complex)	15 mg	136%
Copper (from Copper Chelate Complex)	1 mg	111%
Manganese (from Manganese Chelate Complex)	5 mg	217%

Other ingredients: Hydroxypropyl Cellulose, Vegetarian Coating [hypromellose (cellulose), calcium carbonate, glycerin], Croscarmellose Sodium, Silicon Dioxide, Magnesium Stearate (vegetable source) and Stearic Acid (vegetable source).

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108, USA nowfoods.com

Made and quality tested in the USA with globally sourced ingredients.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.