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

NOW® Cal-Mag Caps contain the minerals that are essential for bone health.\* In addition to calcium and magnesium, Cal-Mag Caps provide chelated, highly absorbable forms of zinc, copper and manganese, three trace minerals known to support healthy bone metabolism.\* Vitamins D and K have also been included to support calcium 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.

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

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.

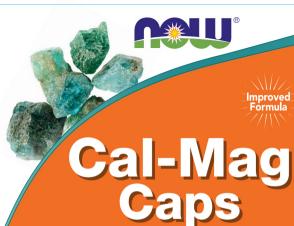
APSULE

MenaOT® is a registered trademark of NattoPharma ASA, Norway. Patents granted and pending; Aquamin® is a registered trademark of Mariaot Limited.

CODE 1266CT VT1







Supports Bone Health\*

With Vitamin D and Supporting Minerals



240 Veg Capsules
A Dietary Supplement



## Minerals

Family owned since 1968.

## **Supplement Facts**

(from 16 mg Manganese Amino Acid Chelate)

Organic Kelp (Laminaria spp.) (Whole Plant) 25 mg

(as Menaquinone-7) (MK-7) (MenaQ7®)

Serving Size 2 Veg Capsules Servings Per Container 120 % Daily Amount Per Serving Value Vitamin D<sub>3</sub> (as Cholecalciferol) 125% 25 mcg (1.000 IU) Calcium (elemental) 38% 500 ma (from 1.480 mg complex of Calcium Carbonate.) Aquamin® Seaweed Derived Minerals, Calcium Citrate) Magnesium (elemental) 60% 250 ma (from 489 mg complex of Magnesium Oxide, Citrate, Malate) Zinc (elemental) 7.5 ma (from 37.5 mg Zinc Glycinate) Copper (elemental) 0.5 ma 56% (from 5 mg Copper Glycinate) Manganese (elemental) 2.5 ma 109%

† Daily Value not established

Vitamin K2

Other ingredients: Hypromellose (cellulose capsule), Hydroxypropyl Cellulose. Stearic Acid (vegetable source) and Silicon Dioxide.

NOW FOODS, 395 S. Glen Ellyn Rd. Bloomingdale, IL 60108, USA nowfoods.com

4 mcg

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