

Warning: Do not take if you are pregnant or nursing. If you have a blood clotting issue, kidney disorder, hypercalcemia, hypercalciuria, or are taking any medications, consult a healthcare professional before use. Do not take with other vitamin D containing supplements.

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

FREE FROM yeast-derived ingredients, wheat, dairy, and artificial colors.

Aquamin® is a registered trademark of Marigot Limited.



◆ LG15839.C01 BLK8768C

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Green Bay, WI 54311 USA
Bottled and tested in the USA

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

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



120 TABLETS • DIETARY SUPPLEMENT

Recommendation: Adults take 4 tablets daily, preferably with food. For best results, take 2 tablets twice daily with food. Not formulated for children. Do not exceed recommended dose.

Supplement Facts

Serving Size 4 Tablets / Servings per Container 30

Amount per Serving		% DV†
Calories	10	
Total Carbohydrate	2 g	1%‡
Vitamin D3 (as cholecalciferol)	100 mcg	500%
Calcium (from Aquamin® calcified mineral source Red Algae <i>Lithothamnion</i> sp. [whole plant])	1,200 mg	92%
Magnesium (from Aquamin® calcified mineral source Red Algae <i>Lithothamnion</i> sp. [whole plant] and as magnesium citrate, oxide)	264 mg	63%
Sodium	30 mg	1%

Amount per Serving	% DV†
Greens Blend: Organic Kale (leaf), Organic Collard Greens (leaf), Organic Spinach (leaf)	100 mg **
Orchard Fruits™ & Garden Veggies™ Powder Blend: Blueberry, Orange, Carrot, Pomegranate, Plum, Straw- berry, Apple, Beet, Cherry, Pear, Tomato, Cauliflower, Raspberry, Açaí, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach	100 mg **
Strontium (from Aquamin® calcified mineral source Red Algae <i>Lithothamnion</i> sp. [whole plant])	8 mg **
Vitamin K2 (menaquinone-7) from Natto (fermented soybean extract)	150 mcg **

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

Other Ingredients: cellulose, stearic acid, citric acid, sodium croscarmellose, sodium bicarbonate, hypromellose, silica, glycerin

Contains soy.