



calcium citrate plus magnesium & vitamin D

bones[✓] | teeth[✓]
well absorbed
form of calcium[✓]

mineral
300 capsules
dietary supplement

gluten
free

dairy
free

soy
free

nut
free

actual size

Supplement Facts

Serving Size 2 Capsules

Servings Per Container 150

	Amount Per Serving	% Daily Value	Amount Per 6 Caps	% Daily Value
Vitamin D (as cholecalciferol)	204 IU	51%	612 IU	153%
Calcium (as calcium citrate)	333 mg	33%	1000 mg	100%
Magnesium (as oxide, aspartate, citrate)	189 mg	47%	568 mg	142%

* Daily Value not established.

Other ingredients: Gelatin, magnesium stearate.

Does not contain: Yeast, Wheat, Gluten, Salt, Soy, Dairy, Citrus, Fish, Preservatives, Artificial Colors or Flavors Added.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

DIRECTIONS: As a dietary supplement, take two (2) capsules three times daily, preferably two (2) with each meal.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

✓ 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.

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