

Calcium is the primary mineral responsible for strong bones and Magnesium plays an essential role in proper bone mineralization.* Zinc is involved in the synthesis of collagen in bone tissue while Vitamin D3 helps your body absorb Calcium from the diet.** Because the body cannot produce these nutrients, a balanced diet, regular exercise, healthy lifestyle choices and adequate intake of Calcium, Magnesium, Zinc and Vitamin D3 can play a role in maintaining bone health.*** Adequate Calcium and Vitamin D throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis.

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT.

TAMPER RESISTANT: DO NOT USE IF IMPRINTED SEAL UNDER CAP IS BROKEN OR MISSING.

MANUFACTURED BY:
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*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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Herbal health
Since 1994



Calcium Magnesium Zinc

DIETARY SUPPLEMENT

Supports Bone Health*
MAY REDUCE THE
RISK OF OSTEOPOROSIS**



120 CAPLETS

Esmondnatural  Integrated health

Supplement Facts

Serving Size: 3 Caplets	Servings Per Container: 40	
Amount Per Serving	%Daily Value	
Vitamin D (as D3 Cholecalciferol)	600IU	100%
Calcium (as Calcium Carbonate and Calcium Gluconate)	1000 mg (1 g)	100%
Magnesium (as Magnesium Oxide and Magnesium Gluconate)	400 mg	100%
Zinc (as Zinc Gluconate and Zinc Citrate)	25 mg	100%

OTHER INGREDIENTS:

Vegetable Cellulose Contains <2% of Titanium Dioxide Color, Vegetable Magnesium Stearate.

DIRECTIONS:

For adults, take one (1) to three (3) caplets daily, preferably with a meal.