



# calcium magnesium complex

mineral  
300 tablets  
dietary supplement

bones<sup>v</sup>  
teeth<sup>v</sup>  
immune<sup>v</sup>

gluten  
free

dairy  
free

nut  
free

actual size

## Supplement Facts

Serving Size 4 Tablets  
Servings Per Container: 75

	Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid)	80 mg	133%
Vitamin D2 (as ergocalciferol)	1000 IU	250%
Vitamin E (as d-alpha tocopheryl acid succinate)	20 IU	67%
Calcium (as carbonate)	1500 mg	150%
Magnesium (as oxide)	420 mg	105%
Manganese (as amino acid chelate)	10 mg	500%
Rose Hips Extract 4:1 ( <i>Rosa canina</i> )(fruit) equivalent to 40 mg powder	10 mg	*
Betaine HCl	5 mg	*
Glutamic Acid (as l-glutamic acid)	5 mg	*

\* Daily Value not established.

**Other ingredients:** Maltodextrin, microcrystalline cellulose, croscarmellose sodium, stearic acid, hydroxypropyl methylcellulose, silica, magnesium stearate, lecithin powder, alfalfa leaf powder, polyethylene glycol.

**Contains:** Soy.

**Does not contain:** Yeast, Wheat, Gluten, Sugar, Salt, Dairy, Citrus, Fish, Animal Derivatives, Preservatives, Artificial Colors or Flavors.

**DIRECTIONS:** As a dietary supplement, take four (4) tablets daily, preferably with meals.

**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.**

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

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

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