

Suggested Usage: 1 tablet 2 times per day or as directed by a health professional. Keep out of reach of children.

Helps in the development and maintenance of bones and teeth.* Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise builds strong bones.*

Manufactured by Natural Factors to ensure safety and potency in accordance with Good Manufacturing Practices (GMP) of the FDA and Health Canada.

Contains no artificial preservatives, color or sweeteners; no dairy, gluten, wheat or yeast. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

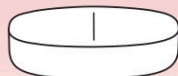
* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

PRODUCT OF CANADA
Manufactured by Natural Factors Canada
Distributed by NATURAL FACTORS
14224 167th Avenue SE
Monroe, WA 98272

**Purity & Potency
Guaranteed**



Recyclable container and label.



Actual Size

LOT & EXPIRY 1.3125" x .25" Single Line

**natural
Factors®**

Calcium & Magnesium Citrate *with* D

180 Tablets

PLUS POTASSIUM, ZINC & MANGANESE

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Calcium (as calcium citrate)	250 mg	25%
Magnesium (as magnesium citrate and magnesium oxide)	250 mg	60%
Potassium (as potassium citrate)	20 mg	<1%
Zinc (as zinc citrate)	5 mg	30%
Manganese (as manganese citrate)	1 mg	50%
Vitamin D3 (as cholecalciferol from lanolin)	100 IU	25%
Silicon from horsetail (<i>Equisetum arvense</i>) extract (aerial)	100 mcg	**

** Daily Value not established.

Other ingredients: Microcrystalline cellulose, coating (carbohydrate gum [cellulose], glycerin, titanium dioxide, polydextrose, triacetin, polyethylene glycol), croscarmellose sodium, magnesium stearate (vegetable grade).

