

TABLET SIZE



Calcium Citrate

SUPPORTS BONE HEALTH

- Synergistic Formula for Bone Metabolism including Magnesium & Vitamin D*
- Highly Bioavailable Calcium

250 Tablets

A Dietary Supplement
Vegetarian/Vegan



SUGGESTED USAGE: As a dietary supplement, take 2 tablets daily, preferably with food.
Calcium Citrate is a readily digested and absorbed form of Calcium. The minerals and Vitamin D are added because of their essential role in bone metabolism.*

*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Do Not Eat Freshness Packet. Keep in Bottle.

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 125

	Amount Per Serving	% Daily Value
Vitamin D (as Ergocalciferol - a vegetarian source)	400 IU	100%
Calcium (from Calcium Citrate)	600 mg	60%
Magnesium (from Magnesium Oxide and Magnesium Aspartate)	300 mg	75%
Zinc (from Amino Acid Chelate)	15 mg	100%
Copper (from Amino Acid Chelate)	1 mg	50%
Manganese (from Amino Acid Chelate)	5 mg	250%

Other ingredients: Cellulose, Croscarmellose Sodium, Magnesium Stearate (vegetable source), Silica, Stearic Acid (vegetable source) and Vegetarian Coating.

Contains soy.

Manufactured by NOW FOODS

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For more product information visit www.nowfoods.com/1232

Not manufactured with wheat, gluten, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

Please Recycle.



Made in the USA

CODE 1232B

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