

Calcium is the primary mineral responsible for strong bones and Magnesium plays an essential role in proper bone mineralization.* Calcium and Magnesium are also involved in muscle contractions and nerve impulses.* 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.

 Nutrition Questions or Comments?
Call NutraPhone® 1-800-433-2990
Mon. - Fri. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards™ program, visit
www.NaturesBounty.com

*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.



Prod. No. 4290 B17575 11E

NATURE'S  BOUNTY®

Calcium Magnesium Zinc

Promotes
Bone Health*

COATED
FOR EASY
SWALLOWING

100 caplets

WITH OVER 100%
DV OF VITAMIN D3
May Reduce the Risk
of Osteoporosis**



MINERAL SUPPLEMENT

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

Supplement Facts

Serving Size 3 Caplets
Servings Per Container 33

Amount Per Serving	%Daily Value
Vitamin D3 (as Cholecalciferol) 600 IU	150%
Calcium 1,000 mg (1 g) (as Calcium Carbonate and Calcium Gluconate)	100%
Magnesium 400 mg (as Magnesium Oxide and Magnesium Gluconate)	100%
Zinc 25 mg (as Zinc Gluconate and Zinc Citrate)	167%
Sodium 10 mg	<1%

Other Ingredients: Vegetable Cellulose, Titanium Dioxide Color, Vegetable Magnesium Stearate.

No Artificial Flavor or Sweetener, No Preservatives,
No Sugar, No Milk, No Lactose, No Soy, No Gluten,
No Wheat, No Yeast, No Fish.

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 cool, dry place. Do not use if seal under cap is broken or missing.

Carefully Manufactured by
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Bohemia, NY 11716 U.S.A.
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