

Calcium and Magnesium are essential for promoting strong bones, muscle contraction and nerve impulses.* This supplement is chelated to support bioavailability in the body.*

****Regular exercise and a healthy diet with enough calcium helps maintain good bone health and may reduce the risk of osteoporosis later in life.**

NATURE'S BOUNTY

CHELATED
**Calcium
Magnesium**

**Promotes
Bone Health***

**May Reduce the Risk
of Osteoporosis****

DIRECTIONS: For adults, take one (1) caplet daily, preferably with a meal.

Supplement Facts

Serving Size 1 Caplet

| Amount Per Serving | | %Daily Value |
|--|--------|--------------|
| Calcium | 500 mg | 50% |
| (as Oyster Shell, Calcium Carbonate and Calcium Gluconate) | | |
| Magnesium | 250 mg | 63% |
| (as Magnesium Oxide and Magnesium Gluconate) | | |

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. Sodium Free.

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
NATURE'S BOUNTY, INC.
Bohemia, NY 11716 U.S.A.
© 2010 Nature's Bounty, Inc.



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.



Healthy you
Healthy earth

Prod. No. 4082 B4080 10F

100 caplets

MINERAL SUPPLEMENT

0 74312 04082 5