

Free of gluten • wheat • milk/dairy • nuts • soy •
eggs • fish • shellfish • yeast • sugar •
artificial additives.

#1 Natural Multivitamin Brand[†]
JUST 1 ONCE[®]

100% Recycled, 100% Recyclable,
BPA-Free Bottle
Remove label to recycle bottle.
To open, press along perforation.

New Look,
Same
Formula!

Food-based, enhanced-absorption bone-builder[•]

Just one tablet per day helps build bone and relax
muscles.[•] Provides 500 mg of calcium — the exact
amount the body can absorb at one time — plus
co-factors necessary for calcium absorption & utilization,
as well as whole foods for easy digestion.[•]

• Helps build and strengthen bones & teeth[•]

2:1 calcium to magnesium ratio

• Supports muscle relaxation & bone flexibility[•]

Magnesium • 500 IU vitamin D₃

• Promotes enhanced calcium absorption & utilization

Magnesium • vitamin D₃ • food-based

• Gentle on the stomach: can be taken with or between meals

Mineral-rich whole foods • organic spirulina •
betaine HCl



 **Food-Based
Calcium[™]**

With Magnesium & Vitamin D₃

Supports bone density & muscle relaxation[•]

Promotes enhanced absorption & utilization[•]

Gentle on the stomach with whole foods

Gluten-Free | Dairy-Free
90 Tablets | Dietary Supplement

Supplement Facts

Serving Size: 1 Tablet
Servings per container: 90

	Amount Per Serving	%DV
Calcium (as Carbonate, Amino Acid Chelate, Citrate-Malate)	500 mg	50%
Magnesium (as Oxide, Aspartate)	250 mg	63%
Vitamin D (as D ₃ Cholecalciferol)	500 IU	125%
Betaine HCl	20 mg	*
Stinging Nettle [tops]	20 mg	*
Horsetail [whole herb]	20 mg	*
Organic Spirulina	20 mg	*

*Daily Value (DV) not established.

Other Ingredients (natural mineral or vegetable source): cellulose, stearic acid,
modified cellulose gum, silica. Coating: vegetable food glaze (Hydroxypropyl
cellulose, pharmaceutical glaze).

SUGGESTED USAGE: For pure and potent
protection, take one tablet per day, with or
between meals. May take 2 per day in divided
doses for advanced usage.

KEEP OUT OF REACH OF CHILDREN.
Consult a health care professional prior to use if you
are taking medication or have a medical condition.

*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.

