



CHELATED CALCIUM MAGNESIUM ZINC

USP

Vegetarian Formula

Promotes Bone Health*

Dietary Supplement

250 Tablets

AMERICAN HEALTH® 

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 83

Amount Per Serving		%Daily Value
Total Carbohydrate	<1 g	<1%**
Dietary Fiber	<1 g	2%**
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%

**Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Cellulose (Plant Origin), Croscarmellose, Cellulose Coating, Titanium Dioxide Color, Vegetable Magnesium Stearate.

FREE OF: yeast, wheat, milk or milk derivatives, lactose, sugar, preservatives, soy, artificial flavor.

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.

DISSOLUTION TESTED: The Calcium in this product dissolves within 60 minutes per official USP standards.

PROD. NO. 4293

Calcium is the primary mineral responsible for strong bones.* The body also uses Calcium for proper muscle contraction and nerve function.* Because the body cannot produce Calcium, a balanced diet, regular exercise, healthy lifestyle choices and adequate intake of Calcium can play a role in maintaining bone health.* Calcium and Magnesium play essential roles in maintaining proper bone mineralization.* Calcium and Magnesium are also involved in muscle contractions and nerve impulses.* Zinc is essential for cell division and growth.*

DIRECTIONS: For adults, take one (1) to three (3) tablets daily, preferably with a meal. As a reminder, discuss the supplements and medications you take with your health care providers.

TAMPER RESISTANT: Do not use if seal under cap is broken or missing. **KEEP OUT OF REACH OF CHILDREN.** Store in a dry place and avoid excessive heat.

*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.

Carefully Manufactured by
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