



Suggested usage: 1 tablet 2 times per day or as directed by a health professional.

Cautions: As with any supplement, consult your health professional before use if you are pregnant, breastfeeding or trying to conceive, or if you are taking medication, have a medical condition or anticipate a surgery. Keep out of the reach of children.

Helps in the development and maintenance of bones and teeth and reduces the risk of osteoporosis later in life.* Calcium intake, when combined with sufficient vitamin D, a healthy diet and regular exercise, builds strong bones.*

Manufactured by Natural Factors to ensure safety and potency in accordance with Good Manufacturing Practices (GMP) of the FDA and Health Canada.

Contains no artificial preservatives or sweeteners; no dairy, sugar, wheat, gluten, yeast, soy, egg, fish, shellfish, salt, or GMOs. Suitable for vegetarians. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

PRODUCT OF CANADA
Manufactured by Natural Factors Canada
Distributed by NATURAL FACTORS
14224 167th Avenue SE
Monroe, WA 98272

**Purity & Potency
Guaranteed**

Recyclable container and label.



Actual Size

LOT & EXPIRY 1.3125" x .25" Single Line

**natural
Factors**®

Calcium & Magnesium Citrate with D3

180 Tablets

PLUS POTASSIUM, ZINC & MANGANESE

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin D3 (cholecalciferol)	100 IU	25%
Calcium (citrate)	250 mg	25%
Magnesium (citrate/oxide)	250 mg	63%
Zinc (citrate)	5 mg	33%
Manganese (citrate)	1 mg	50%
Potassium (citrate)	20 mg	<1%
Horsetail Extract (<i>Equisetum arvense</i>) (aerial parts)	8.9 mg	**
Silicon	100 mcg	**

** Daily Value not established.

Other ingredients: Microcrystalline cellulose, coating (carbohydrate gum [cellulose], glycerin, polydextrose, triacetin, polyethylene glycol), croscarmellose sodium, magnesium stearate (vegetable grade).

