

**Suggested Usage:** Take 3 softgels daily, preferably in divided doses, with food.

NOW® Calcium & Magnesium Softgels include Vitamin D-3 and Zinc, offering a truly balanced blend of essential minerals. This formula supports strong bones and teeth, as well as healthy enzymatic activity.\* Delivered via softgel, this formula is more easily absorbed and assimilated than capsules or tablets.

\*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.

**Caution:** For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

SOFTGEL SIZE

CODE 1252 V8



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# Calcium & Magnesium Softgels

Supports Bone Health\*

With Vitamin D-3 and Zinc

240 Softgels

A Dietary Supplement

Minerals

Family owned since 1968.

## Supplement Facts

Serving Size 3 Softgels    Servings Per Container 80

|                                                               | Amount<br>Per Serving | % Daily<br>Value |
|---------------------------------------------------------------|-----------------------|------------------|
| Vitamin D <sub>3</sub> (as Cholecalciferol)<br>(from Lanolin) | 600 IU                | 150%             |
| Calcium (from Calcium Carbonate<br>and Citrate)               | 1 g (1,000 mg)        | 100%             |
| Magnesium (from Magnesium Oxide<br>and Citrate)               | 500 mg                | 125%             |
| Zinc (from Zinc Oxide)                                        | 10 mg                 | 67%              |

Other ingredients: Rice Bran Oil, Softgel Capsule (gelatin, glycerin, water, calcium carbonate), Soy Lecithin and Beeswax.

NOW FOODS, 395 S. Glen Ellyn Rd.  
Bloomington, IL 60108, USA    [nowfoods.com](http://nowfoods.com)

Not manufactured with wheat, gluten, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

Please Recycle.

