

Recommended Adult Dose: Take one capsule daily with a meal, a few hours before or after taking other medications, or as recommended by your healthcare practitioner. **Risk Information:** If you are pregnant or breastfeeding; or if you have hormone sensitive conditions such as uterine, endometrial, breast or ovarian cancer as well as endometriosis and uterine fibroids, do not use. If you have liver cancer, consult your healthcare practitioner prior to use. As wild yam may increase the risk of thrombosis, do not use if you have protein S deficiency. Consumption with alcohol, other drugs and/or supplements with sedative properties is not recommended. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness. Hypersensitivity (e.g. allergy) has been known to occur; in which case, discontinue use. **Guaranteed** to contain no added wheat, starch, yeast, gluten, corn, soy, sodium, sugar, artificial coloring or flavoring, antimicrobial preservatives, dairy or animal products. Ideal for vegans. **The capsules** are made from 100% pure vegetable sources, free of preservatives and additives. **Quality Assurance:** Safety-sealed for your protection and for product freshness. Do not use if outer seal is missing or broken. Store in a cool, dry place.

V1.0 **516**

BARCODE LOCATION
883196 13240



GENESTRA BRANDS

LSP

CALCIUM-MAGNESIUM SUPPLEMENT

120 Vegetable Capsules

Supplement Facts

Serving Size 1 Capsule
Servings per Container 120

Each Capsule Contains		%DV
Calcium (calcium carbonate/ aspartate)	95 mg	10%
Magnesium (magnesium oxide/ aspartate)	50 mg	13%
Valerian (<i>Valeriana officinalis</i>) Root	75 mg	*
Wood Betony (<i>Stachys officinalis</i>) Leaf/Stem	75 mg	*
Cramp Bark (<i>Viburnum opulus</i>)	60 mg	*
Passionflower (<i>Passiflora incarnata</i>) Aerial Parts	45 mg	*
Skullcap (<i>Scutellaria lateriflora</i>) Leaf	30 mg	*
Hops (<i>Humulus lupulus</i>) Flower	15 mg	*
Wild Yam (<i>Dioscorea villosa</i>) Root Extract (10:1)	15 mg	*
150 mg Dried Equivalent		

* Daily Value (DV) not established

Other ingredients: Hypromellose, magnesium stearate, magnesium silicate

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