

AMERICAN  HEALTH®

CHELATED CALCIUM MAGNESIUM ZINC

USP

Promotes Bone Health*
Vegetarian Formula

Dietary Supplement
250 Tablets

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 Oxide and Zinc Citrate)	167%

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

Other Ingredients: Vegetable Cellulose, Titanium Dioxide Color, Vegetable Magnesium Stearate.

No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives, No Lactose, No Soy, No Egg, No Grapefruit, No Sugar, No Starch, No Preservatives, No Artificial Flavor, No Sodium.

*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.

PROD. NO. 4293

Calcium is the primary mineral responsible for strong bones.* 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 three (3) tablets daily, preferably with a meal.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.



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