

Cal/Mag/Zinc Complex

Nature's Life
Sun Food Energy

250 Capsules
Trace Minerals & Vitamin D
Bones & Teeth Formula

4 Daily

Dietary Supplement

800-247-6997

Directions: Take four (4) capsules daily with food. Some people may prefer, for optimal benefit, to take the four (4) capsules at separate times during the day. Store in a cool, dry place.

WARNING: Use only as directed. Keep out of the reach of children. Not for use by persons under the age of 18. Consult a licensed health care practitioner before using this product, especially if you are pregnant or nursing.

Supplement Facts

Serving Size 4 Capsules
Servings Per Container About 63

	Amount Per Serving	% Daily Value
Vitamin D (as Cholecalciferol) (D-3)	400 IU	100%
Calcium (as Calcium Carbonate, Citrate, Malate)	1000 mg	100%
Magnesium (as Magnesium Oxide, Citrate)	500 mg	125%
Zinc (as Zinc Citrate, Picolinate)	15 mg	100%
Copper (as Copper Citrate, Gluconate)	1 mg	50%
Boron (as Boron Citrate Complex)	100 mcg	*
Bamboo (<i>Bambusa vulgaris</i> stem extract) (Supplying 21 mg [70%] Silica)	30 mg	*
Glutamic Acid HCl	5 mg	*

*Daily Value not established.

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Other Ingredients: Gelatin Capsule, Cellulose, Magnesium Stearate, Maltodextrin and Acacia.

Discussion: Regular exercise and a healthy diet with enough calcium helps teens and young adult white and Asian women maintain good bone health and may reduce their high risk of osteoporosis later in life. Total intake of greater than 2,000 mg of calcium provides no added benefit to bone health. Calcium is intended to provide nutritive support for healthy bones when taken with vitamin D, magnesium, copper and zinc. Calcium also is intended to provide nutritive support for a healthy cardiovascular system.

Nature's Life guarantees that NO ingredients other than those listed on this label have been added to this product. This quality Nature's Life® product meets our Quality Assurance Procedures and Good Manufacturing Practices.

Quality You Can Trust.

Mfd. by NutraPure, Inc.
for Nature's Life
Larkspur, CA 94939 USA (NHLV1)

DO NOT USE IF SAFETY SEAL IS BROKEN OR MISSING



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