

Suggested Usage: Take 2 tablets daily, preferably in divided doses, with food.

Calcium Citrate is a readily digested and absorbed form of Calcium, a mineral that is necessary for the maintenance of bone health.* Vitamin D, Magnesium, Zinc, Copper, and Manganese have been included for their essential roles in bone metabolism.*

*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.

Do Not Eat Freshness Packet. Keep in Bottle.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

Please Recycle.

TABLET SIZE

CODE 1230B V8



7 33739 01230 2



Calcium Citrate

Supports Bone Health*

- Bone Metabolism Formula with Minerals & Vitamin D-2*
- Highly Bioavailable Calcium

100 Tablets



A Dietary Supplement Vegetarian/Vegan



Minerals

Family owned since 1968.

Supplement Facts

Serving Size 2 Tablets Servings Per Container 50

	Amount Per Serving	% Daily Value
Vitamin D ₂ (as Ergocalciferol - a vegetarian source)	400 IU	100%
Calcium (from Calcium Citrate)	600 mg	60%
Magnesium (from Magnesium Oxide and Magnesium Aspartate)	300 mg	75%
Zinc (from Zinc AAC*)	15 mg	100%
Copper (from Copper AAC*)	1 mg	50%
Manganese (from Manganese AAC*)	5 mg	250%

Other ingredients: Cellulose, Croscarmellose Sodium, Magnesium Stearate (vegetable source), Silica, Stearic Acid (vegetable source) and Vegetarian Coating.

NOW FOODS, 395 S. Glen Ellyn Rd.

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

AAC* = Amino Acid Chelate

