

**Suggested Usage:** Take 3 capsules 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.

CAPSULE SIZE

CODE 1237B V5



7 33739 01237 1



# Calcium Citrate Caps

Supports Bone Health\*

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

**240 Veg Capsules**

A Dietary Supplement Vegetarian/Vegan



Minerals

Family owned since 1968.

## Supplement Facts

Serving Size 3 Veg Capsules  
Servings Per Container 80

|                                                                     | Amount<br>Per Serving | % Daily<br>Value |
|---------------------------------------------------------------------|-----------------------|------------------|
| Vitamin D <sub>2</sub><br>(as Ergocalciferol - a vegetarian source) | 750 IU                | 188%             |
| Calcium (from Calcium Citrate)                                      | 450 mg                | 45%              |
| Magnesium (from Magnesium Oxide)                                    | 225 mg                | 56%              |
| Zinc (from Zinc Amino Acid Chelate)                                 | 11 mg                 | 73%              |
| Copper<br>(from Copper Amino Acid Chelate)                          | 0.75 mg               | 38%              |
| Manganese<br>(from Manganese Amino Acid Chelate)                    | 4 mg                  | 200%             |

Other ingredients: Cellulose (capsule), Cellulose Powder, Ascorbyl Palmitate and Silica.

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

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.

