

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 feed to pets.

Do Not Eat Freshness Packet. Keep in Bottle.
Natural color variation may occur in this product.

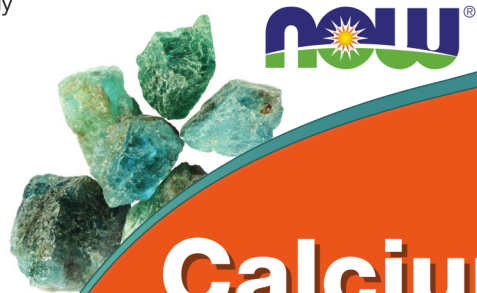
Store in a cool, dry place after opening.
Please Recycle.

TABLET SIZE

CODE 1232C V10



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Calcium Citrate

Supports Bone Health*

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



250 Tablets

A Dietary Supplement Vegetarian/Vegan



Minerals

Family owned since 1968.

Supplement Facts

Serving Size 2 Tablets Servings Per Container 125

	Amount Per Serving	% Daily Value
Vitamin D ₂ (as Ergocalciferol - a vegetarian source)	10 mcg (400 IU)	50%
Calcium (from Calcium Citrate)	600 mg	46%
Magnesium (from Magnesium Oxide and Magnesium Aspartate)	300 mg	71%
Zinc (from Zinc AAC*)	15 mg	136%
Copper (from Copper AAC*)	1 mg	111%
Manganese (from Manganese AAC*)	5 mg	217%

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 or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

AAC* = Amino Acid Chelate

