

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.

CODE 1235B v6



CAPSULE SIZE



Calcium Citrate Caps

Supports Bone Health*

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

120 Veg Capsules

A Dietary Supplement Vegetarian/Vegan



Minerals

Family owned since 1968.

Supplement Facts

Serving Size 3 Veg Capsules
Servings Per Container 40

	Amount Per Serving	% Daily Value
Vitamin D ₂ (as Ergocalciferol - a vegetarian source)	19 mcg (750 IU)	95%
Calcium (from Calcium Citrate)	450 mg	35%
Magnesium (from Magnesium Oxide)	225 mg	54%
Zinc (from Zinc Amino Acid Chelate)	11 mg	100%
Copper (from Copper Amino Acid Chelate)	0.75 mg	83%
Manganese (from Manganese Amino Acid Chelate)	4 mg	174%

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

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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.

