

Suggested Usage: Take 3 softgels daily, preferably in divided doses, with food.

NOW® Calcium & Magnesium Softgels include Vitamin D-3 and Zinc, offering a truly balanced blend of essential minerals. This formula supports strong bones and teeth, as well as healthy enzymatic activity.* Delivered via softgel, this formula is more easily absorbed and assimilated than capsules or tablets.

*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.

Natural color variation may occur in this product.

SOFTGEL SIZE



Calcium & Magnesium Softgels

Supports Bone Health*

With Vitamin D-3 and Zinc

240 Softgels
A Dietary Supplement



Minerals

Family owned since 1968.

Supplement Facts

	Amount Per Serving	% Daily Value
Serving Size 3 Softgels	Servings Per Container 80	
Vitamin D ₃ (as Cholecalciferol) (from Lanolin)	15 mcg (600 IU)	75%
Calcium (from Calcium Carbonate and Citrate)	1 g (1,000 mg)	77%
Magnesium (from Magnesium Oxide and Citrate)	500 mg	119%
Zinc (from Zinc Oxide)	10 mg	91%

Other ingredients: Rice Bran Oil, Softgel Capsule (bovine gelatin, glycerin, water, calcium carbonate), Soy Lecithin and Beeswax.

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

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

Store in a cool, dry place after opening.

Please Recycle.

