

Suggested Usage: Take 3 tablets daily, preferably in divided doses, with food or at bedtime.

This reverse ratio formula is formulated to provide higher levels of Magnesium for those who desire the nerve, muscle and bone supporting effects of this essential mineral.* Zinc and Vitamin D-3 are included in this product for their 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.

Natural color variation may occur in this product.

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

TABLET SIZE

CODE 1277C v7



Magnesium & Calcium

Nerve and Bone Support*

- Reverse 2:1 Ratio
- With Zinc and Vitamin D-3



100 Tablets
A Dietary Supplement

Minerals

Family owned since 1968.

Supplement Facts

Serving Size 3 Tablets Servings Per Container 33

	Amount Per Serving	% Daily Value
Vitamin D ₃ (as Cholecalciferol)	25 mcg (1,000 IU)	125%
Calcium (from Aquamin® TG Seaweed Derived Minerals and Calcium Citrate)	400 mg	31%
Magnesium (from Magnesium Oxide, Magnesium Glycinate, Magnesium Taurinate, Magnesium Citrate and Aquamin® TG Seaweed Derived Minerals)	800 mg	190%
Zinc (from L-OptiZinc® Monomethionine)	15 mg	136%

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

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

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

L-OptiZinc® is a registered trademark of InterHealth Nutraceuticals Inc.; Aquamin® is a registered trademark of Marigot Limited.

