



Calcium Citrate + Magnesium Tablets



Supplement Facts

Serving Size 2 Tablets

Servings Per Container TBD

Amount Per Serving	%Daily Value
Vitamin D ₃ (as Cholecalciferol) 800 IU	200%
Vitamin B ₆ (as Pyridoxine Hydrochloride) 10 mg	500%
Calcium (as Calcium Citrate) 500 mg	50%
Magnesium (as Magnesium Oxide) 80 mg	20%
Zinc (as Zinc Oxide) 10 mg	67%
Copper (as Copper Gluconate) 1 mg	50%
Manganese (as Manganese Gluconate) 1 mg	50%
Sodium 5 mg	Less than 1%
Boron (as Sodium Borate) 1 mg	*
* Daily Value not established.	

OTHER INGREDIENTS: Cellulose Gel, Talc, Croscarmellose Sodium, Hydroxypropyl Methylcellulose, Magnesium Stearate, Polyethylene Glycol, Gelatin, Corn Starch.

To preserve quality and freshness, keep bottle tightly closed. Store in a cool, dry place. Keep out of the reach of children.

Dosage:

Suggested Dosage: Take two tablets 1 to 2 times daily

Interactions:

Calcium should be avoided when taking:

- Current research does not indicate that this supplement should be avoided when taking prescription drugs

Calcium should be used with caution when combined with:

- Osteoporosis Medications (Bisphosphonates)
- Antibiotics
- Blood Pressure Medications
- Thyroid Medication

Magnesium should be avoided when taking:

- Current research does not indicate that this supplement should be avoided when taking prescription drugs

Magnesium be used with caution when combined with:

- Antibiotics
- Osteoporosis Medications (Bisphosphonates)

Zinc should be avoided when taking:

- Current research does not indicate that this supplement should be avoided when taking prescription drugs. However, please consult your doctor as he or she may instruct you to avoid this supplement based on your specific circumstances.

Zinc should be used with caution when combined with:

- Antibiotics (i.e. Tetracycline and Fluoroquinolone antibiotics)

Given that no two people are alike, if you are taking any medications you should be aware that potential drug-nutrient interactions may occur and are encouraged to consult a health care professional before using this product. Combining certain prescription drugs and dietary supplements can lead to undesirable effects such as:

- Diminished drug effectiveness
- Reduced supplement effectiveness

† These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent disease.