

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA

ACTUAL SIZE

To ensure a complete nutritional program, take daily with these GNC products:

- Multivitamin
- Triple Strength Fish Oil
- Ultra Probiotic Complex
- CoQ-10

[†]Percent gain in bone density (left calcaneus) over six months. In a double-blind, placebo-controlled study, 33 adult females were supplemented with 40 mg/day MBP[®] (n = 17) or placebo (n = 16) in a beverage for six months. Bone density was measured at baseline and after six months by dual X-ray absorptiometry (DEXA). The diets of both groups were monitored during this time and found to be no different.

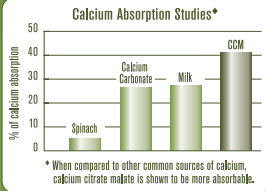
OUR QUALITY COMMITMENT TO YOU

Since 1935, our mission as the industry leader has been to provide you with the highest-quality nutritional supplements. We continue to stand behind this mission. If you're not 100% satisfied with your purchase, return the unused portion of the product with your receipt within 30 days and we'll either refund your money or find you a replacement product that is right for you.



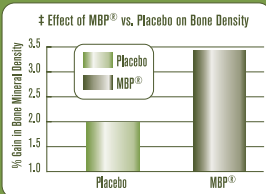
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CalciMate Complete™ is scientifically designed to enhance bone density, natural bone building and support calcium absorption.*



* When compared to other common sources of calcium, calcium citrate malate is shown to be more absorbable.

post-menopausal women over the age of 55 demonstrate CCM results in 70% less bone loss when compared to a diet without calcium supplementation and 40% less bone loss when compared to a diet with ordinary calcium supplementation.



• Vitamins D-3 and K-2 are essential vitamins required during the growth and development of bones to achieve peak bone density.* Vitamin K-2 (menaquinone-7) is good for the bone-building process.*

• Enhanced with essential nutrients involved in the formation of the bone matrix such as magnesium, zinc, copper, manganese and boron.

* 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.

• Calcium Citrate Malate (CCM) is one of the most absorbable and effective sources of calcium which helps support bone density.*
†Adequate calcium in a healthy diet throughout life may reduce the risk of osteoporosis. Studies in

• MBP[®] is a functionally active protein complex isolated and purified from milk protein. Emerging research indicates that MBP[®] supports the body's natural ability to build and maintain bone mass by supporting the body's bone building cells.*

GNC

CalciMate Complete™

Supports bone density with 800 mg calcium citrate malate, one of the most absorbable forms of calcium*

Enhances calcium absorption with 2000 IU vitamin D-3*

Promotes the bone-building process with 50 mcg vitamin K-2*

May reduce the risk of osteoporosis†

DIETARY SUPPLEMENT
120 CAPLETS

CODE 121113

CRG

Directions: As a dietary supplement, take two caplets at breakfast and two caplets at dinner for a total of four caplets daily. For maximum benefits, take as directed every day.

Supplement Facts

Serving Size Four Caplets
Servings Per Container 30

Amount Per Serving		% Daily Value
Vitamin D (as Cholecalciferol D-3)	2000 IU	500%
Vitamin K-2 (as Menaquinone)	50 mcg	63%
Calcium (as Calcium Citrate Malate)	800 mg	80%
Magnesium (as Magnesium Oxide)	100 mg	25%
Zinc (as Zinc Oxide)	7.5 mg	50%
Copper (as Copper Glycinate)	1 mg	50%
Manganese (as Manganese Gluconate)	1 mg	50%
MBP [®]	40 mg	*
Boron (as Hydrolyzed Protein Chelate)	1 mg	*

* Daily Value not established.

Other Ingredients: Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides.

CONTAINS: Milk and Soybeans.

WARNING: Do not use if pregnant, nursing or are allergic or contraindicated to aspirin. If you are taking aspirin or blood thinning or other medication, consult your healthcare professional before using this product. Discontinue use two weeks prior to surgery, or if upset stomach occurs.

Potency verified by GNC procedure #4000.

Conforms to USP <2091> for weight.

Meets USP <2040> disintegration.

No Artificial Colors, No Artificial Flavors, No Wheat, Gluten Free, Yeast Free.



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