

Supports body availability of calcium.** Zinc also supports immune health.** Adequate calcium as part of a healthful diet, along with exercise, may reduce the risk of osteoporosis later in life.

**** 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.**

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG
YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS
WIND POWER

NO GMOs, YEAST OR WHEAT
NO SOY OR MILK
NO SUGAR OR SALT
NO PRESERVATIVES
NO ARTIFICIAL COLORS,
FLAVORS OR SWEETENERS
NO MAGNESIUM STEARATE

Δ Per serving
Exclusive packaging for iHerb.
Lot No:

Best by:

This product
has been
manufactured
at a GMP
Registered
facility.

03A17NL



ESTABLISHED
— 1971 —
**Country
Life**

CALCIUM MAGNESIUM ZINC

with L-Glutamic Acid
1000 mg : 500 mg : 50 mg Δ
Certified Gluten-Free
◆ Formulated to maximize
calcium utilization**

Dietary Supplement **250** Tablets — *Our PLEDGE of INTEGRITY* —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

Directions: Adults take three (3) tablets daily. For best utilization, take with food. Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 3 tablets
Servings Per Container 83

Amount Per Serving	% Daily Value	
Calcium (from calcium carbonate [oyster shell], calcium citrate)†	1,000 mg	100%
Magnesium (as magnesium oxide)†	500 mg	125%
Zinc (as zinc gluconate)†	50 mg	333%
L-Glutamic Acid	100 mg	*

* Daily Value not established.

Other Ingredients: Cellulose, stearic acid, cellulose & glycerin coating, silica, vegetable glaze.

† Country Life always labels minerals in elemental weight.

CAUTION: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

Do not accept if seal is broken.
Store in a dry place between 59°-86° F.
Keep out of the reach of children.

Manufactured by Country Life, LLC
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CountryLifeVitamins.com
Product No. 2604PL