

PL477
NO PRESERVATIVES
ADDED
NO LACTOSE
NO ARTIFICIAL FLAVOR
NO GLUTEN
Minerals Tablets USP.



ACTUAL SIZE

Longs
WELLNESS

Calcium Magnesium & Zinc

Dietary Supplement



250 TABLETS

Product Benefit

USP has tested and verified ingredients, potency, and manufacturing process. USP sets official standards for dietary supplements. See www.uspverified.org

Supplement Facts

Serving Size 1 Tablet

Each Tablet Contains	% Daily Value
Calcium 333 mg	33%
Magnesium 133 mg	33%
Zinc 5 mg	33%

INGREDIENTS: Calcium Carbonate, Magnesium Oxide, Cellulose, Maltodextrin, Croscarmellose Sodium, Talc, Corn Starch, Sodium Lauryl Sulfate, Mineral Oil, Crospovidone, Stearic Acid, Citric Acid, Soy Polysaccharide, Zinc Sulfate, Hypromellose, Titanium Dioxide, Sodium Starch Glycolate, Dextrose, Magnesium Stearate, Silicon Dioxide, Polyethylene Glycol, Sodium Carboxymethylcellulose, Calcium Stearate, Sodium Citrate, Polysorbate 80, Carnauba Wax, Dextrin.



Distributed by Longs Drugs
Walnut Creek, CA 94596 ■■■
For further information contact
1-800-TO-LONGS or Longs.com

Suggested use: Take one tablet three times daily with a full glass of water, preferably after a meal.
Keep out of the reach of children. Keep in a cool dry place, tightly closed.

Regular exercise and a healthful diet with adequate calcium are essential in achieving peak bone mass in teenagers and young adults and maintaining bone health during adulthood. Magnesium assists in calcium absorption for strong bones. Zinc is required for proper growth and normal reproductive development.

LNG3073206

FRESHNESS AND POTENCY GUARANTEED THROUGH: