

Adequate calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis, a condition which affects middle-aged and older persons.

The National Institutes of Health recommend that adults take 1,000 to 1,200 mg daily to reduce further bone loss and prevent osteoporosis-related fractures. Daily intakes above 2,000 mg are not likely to provide any additional benefit to bone health.

Contains no sugar, salt, yeast, wheat, gluten, dairy products, artificial flavoring, or preservatives. All colors used are from natural sources.

©2013 INTEGRATIVE THERAPEUTICS, LLC  
GREEN BAY, WI 54311 USA  
integrativepro.com • 800.931.1709

◆ LZ77810.C01



## CALCIUM

### BONE SUPPORT COMBINATION

180 TABLETS

DIETARY SUPPLEMENT

### Supplement Facts

Serving Size 3 tablets

Servings per container 60

Amount per 3 tablets		%DV*
<b>Total Carbohydrate</b>	<1 g	<1%*
Vitamin D (as cholecalciferol)	400 IU	100%
Calcium (from tricalcium phosphate [480 mg], calcium carbonate [480 mg], and calcium gluconate [40 mg])	1 g	100%
Phosphorus (from tricalcium phosphate)	240 mg	24%
Magnesium (as magnesium oxide and magnesium aspartate)	400 mg	100%

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Other ingredients: modified cellulose, cellulose, modified cellulose gum, stearic acid, titanium dioxide color, magnesium stearate, soy lecithin, vegetable glycerin, and carnauba wax.

**Recommendations:** Take 3 tablets daily with food or as recommended by your healthcare professional.

If pregnant, nursing, or taking prescription drugs, consult your healthcare professional prior to use.