

DIETARY SUPPLEMENT

Suggested Usage: 1 tablet, 2 times per day or as directed by a health professional. Keep out of reach of children.

Regular exercise and a healthy diet with enough calcium helps women maintain good bone health and may reduce their high risk of osteoporosis later in life.*

All Natural Factors products are manufactured in accordance with the Government of Canada's Good Manufacturing Practices (GMP), among the highest standards in the world.

Contains no artificial preservatives, color or sweeteners; no dairy, wheat or yeast. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

***This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

PRODUCT OF CANADA
Manufactured by Natural Factors Canada
Distributed by NATURAL FACTORS,
1111-80th St. SW, Ste 100
Everett, WA, USA 98203

**Purity & Potency
Guaranteed**



Actual Size



Recyclable container and label.

**natural
Factors®**

Calcium & Magnesium Citrate With D 90 Tablets

PLUS POTASSIUM & ZINC

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	<1 g	<1%**
Dietary Fiber	<1 g	3%**
Vitamin D (as cholecalciferol)	100 IU	25%
Calcium (as calcium citrate)	250 mg	25%
Magnesium (as magnesium oxide and magnesium citrate)	250 mg	60%
Zinc (as zinc citrate)	5 mg	35%
Manganese (as manganese citrate)	1 mg	50%
Potassium (as potassium citrate)	20 mg	†
Horsetail, powdered extract (aerial part)	5 mg	‡
Silica (2%)	0.1 mg	‡

** Percent Daily Value is based on a 2,000 calorie diet.

† Contains less than 2% of the Daily Value of this nutrient.

‡ Daily Value not established.

Other ingredients: Cellulose,
magnesium stearate (vegetable
grade).
Contains soybeans.

