

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.

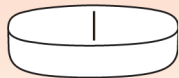
Contains no artificial preservatives, color or sweeteners; no dairy, wheat or yeast. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

*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

 Recyclable container.



Actual Size

natural
Factors®

Calcium & Magnesium Citrate

90 Tablets

PLUS POTASSIUM & ZINC

Supplement Facts

Serving Size 1 Tablet

| | Amount Per Serving | % Daily Value |
|--|--------------------|---------------|
| Calories | 5 | |
| Total Carbohydrates | <1g | <1%** |
| Dietary Fiber | <1g | 3%** |
| Calcium (as calcium citrate & calcium carbonate) | 250 mg | 25% |
| Magnesium (as magnesium oxide & magnesium citrate) | 250 mg | 60% |
| Zinc (as zinc citrate) | 5 mg | 35% |
| Potassium (as potassium citrate) | 20 mg | ‡ |
| Horsetail, powdered extract (aerial part) | 5 mg | † |
| Silica (2%) | 0.1 mg | † |

**Percent Daily Values are based on a 2,000 calorie diet.

† Daily Values not established.

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

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

