

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 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

 Recyclable container.



Actual Size

**Purity & Potency
Guaranteed**

**natural
Factors**[®]

Calcium & Magnesium

90 Tablets

PLUS POTASSIUM & ZINC

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Total Carbohydrates	<1 g	<1%**
Calcium (as calcium carbonate, calcium citrate, calcium chelate & calcium phosphate)	350 mg	35%
Magnesium (as magnesium oxide & magnesium chelate)	175 mg	45%
Zinc (as zinc citrate)	5 mg	35%
Potassium (as potassium citrate)	10 mg	†
Silica	5 mg	‡

** Percent Daily Values are 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, coating, magnesium stearate (vegetable grade).

Contains soy.

