

DIETARY SUPPLEMENT

**Suggested Usage:** 1 capsule, 2-4 times per day or as directed by a health professional. Keep out of reach of children.

Bone is dynamic living tissue that is constantly being broken down and rebuilt, even in adults. A deficiency of any of a number of nutrients can lead to a situation where more bone is breaking down than being formed. Adequate nutrition is the primary goal in preserving or restoring bone health. This formula contains nutrients especially important in the formation of healthy bone.\* The calcium is supplied as calcium citrate – the best absorbed form of calcium.

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, soy, 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, 98203



Recyclable container.

Purity & Potency  
Guaranteed

natural  
**Factors**

# Calcium & Magnesium

With Potassium, Zinc,  
Manganese plus D  
90 Capsules

KEY NUTRIENTS  
FOR HEALTHY BONES\*

## Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Vitamin D (as cholecalciferol)	100 IU	25%
Calcium (as calcium citrate)	125 mg	10%
Magnesium (as magnesium citrate & magnesium oxide)	125 mg	30%
Zinc (as zinc citrate)	5 mg	35%
Manganese (as manganese citrate)	1 mg	50%
Potassium (as potassium citrate)	10 mg	**

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

Other ingredients: Gelatin capsule (gelatin, titanium dioxide), magnesium stearate (vegetable grade), cellulose.



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