

Calcium fights osteoporosis†

- ✓ Only Citracal® has calcium citrate††
- ✓ Vitamin D for unsurpassed absorption*
- ✓ Absorbed with or without food
- ✓ Magnesium for strong bones*

† To maintain healthy bones, it is recommended that teen and adult women get regular exercise and eat a healthy diet with enough calcium throughout their lives. This may reduce the risk of osteoporosis, which can affect middle-aged and older women (particularly White and Asian women). While adequate calcium intake is important in nourishing your bones, taking more than 2,000 mg is not likely to provide any additional benefit.

†† Among leading calcium brands.

*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.



Citracal®

Calcium Citrate

with **Vitamin D**

PLUS
MAGNESIUM +
4 other bone health minerals
Multimineral Supplement
150 Coated Tablets



Directions: Adults: Take 1 to 2 tablets two times daily or as recommended by your physician, pharmacist or health professional.

Supplement Facts

Serving Size: 2 tablets

	Amount Per Serving	% Daily Value
Vitamin D	250 IU	63%
Vitamin B ₆	10 mg	500%
Calcium (elemental)	500 mg	50%
Magnesium	80 mg	20%
Zinc	10 mg	67%
Copper	1 mg	50%
Manganese	1 mg	50%
Boron	1 mg	*

*Daily Value not established.

INGREDIENTS: Calcium Citrate, Polyethylene Glycol, Magnesium Oxide, Croscarmellose Sodium, Polyvinyl Alcohol-Part Hydrolyzed, Titanium Dioxide (color), Magnesium Silicate, Pyridoxine Hydrochloride, Zinc Oxide, Sodium Borate, Manganese Gluconate, Copper Gluconate, Magnesium Stearate, Vitamin D₃ (Cholecalciferol).

If pregnant or breast-feeding, ask a health professional before use.

KEEP OUT OF REACH OF CHILDREN

Do not use if printed foil seal is torn or missing.

Questions or comments? 1-866-511-9328

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