Calcium & Magnesium Citrate Plus D

Code 1607 (90 Tablets)

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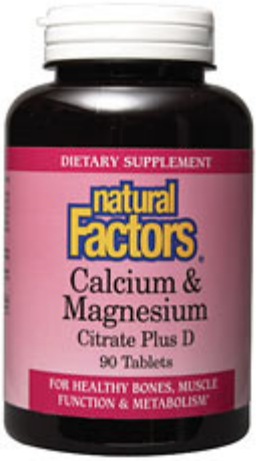

Regular exercise and a healthy diet with enough calcium helps women maintain good bone health and may reduce their high risk of osteoporosis later in life.*

Also available:
180 Tablets - 1608

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

Contains no artificial preservatives, color or sweeteners; no dairy, wheat or yeast.

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.