

Calcium is the primary mineral responsible for strong bones and Magnesium plays an essential role in proper bone mineralization.* Zinc is involved in the synthesis of collagen in bone tissue while Vitamin D3 helps your body absorb Calcium from the diet.* Because the body cannot produce these nutrients, a balanced diet, regular exercise, healthy lifestyle choices and adequate intake of Calcium, Magnesium, Zinc and Vitamin D3 can play a role in maintaining bone health.*

****Adequate Calcium and Vitamin D throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis.**

Nutrition Questions or Comments?
Call NutraPhone® 1-800-433-2990
Mon. - Fri. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards™ program, visit
www.NaturesBounty.com

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**



Prod. No. 4278 B17575 03C

NATURE'S BOUNTY®

Calcium Magnesium Zinc

**Promotes
Bone Health***



100 caplets

**WITH OVER 100%
DV OF VITAMIN D3**
**May Reduce the Risk
of Osteoporosis****

MINERAL SUPPLEMENT

DIRECTIONS: For adults, take one (1) to three (3) caplets daily, preferably with a meal.

Supplement Facts

Serving Size 3 Caplets

Servings Per Container 33

Amount Per Serving		%Daily Value
Vitamin D3 (as Cholecalciferol)	600 IU	150%
Calcium (as Calcium Carbonate and Calcium Gluconate)	1,000 mg (1 g)	100%
Magnesium (as Magnesium Oxide and Magnesium Gluconate)	400 mg	100%
Zinc (as Zinc Gluconate and Zinc Citrate)	25 mg	167%
Sodium	10 mg	<1%

Other Ingredients: Vegetable Cellulose, Titanium Dioxide Color, Vegetable Magnesium Stearate.

No Artificial Flavor or Sweetener, No Preservatives, No Sugar, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish.

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

Carefully Manufactured by **NATURE'S BOUNTY, INC.**
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