



calcium
magnesium
zinc

2:1 calcium
to magnesium ratio

mineral
300 tablets
dietary supplement

bones[▼]
teeth[▼]

gluten
free

dairy
free

soy
free

nut
free

actual size

Supplement Facts

Serving Size 2 Tablets

Servings Per Container: 150

	Amount Per Serving	% Daily Value
Vitamin D (as cholecalciferol)	5 mcg	25%
Calcium (as calcium carbonate)	1000 mg	80%
Magnesium (as magnesium oxide, magnesium amino acid chelate)	500 mg	120%
Zinc (as zinc oxide, zinc amino acid chelate)	25 mg	230%
Betaine HCl	100 mg	*
Glutamic Acid HCl	80 mg	*

* Daily value not established.

Other ingredients: Stearic acid, croscarmellose sodium, aqueous coating, microcrystalline cellulose, magnesium stearate, silicon dioxide, hydroxypropylcellulose, titanium dioxide (for color).

Does not contain: Gluten, Sugar, Salt, Preservatives, Artificial Colors or Flavors.

▼ 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.

DIRECTIONS: Take two (2) tablets daily, preferably with meals.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

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