

Supports body availability of calcium.\*\* Zinc also supports immune health.\*\* Adequate calcium as part of a healthful diet, along with exercise, may reduce the risk of osteoporosis later in life.

**\*\* 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.**

**YES** CERTIFIED GLUTEN-FREE BY GFCO.ORG  
**YES** RECYCLABLE PACKAGING  
**YES** MANUFACTURING SUPPORTS WIND POWER

**NO** GMOs, YEAST OR WHEAT  
**NO** SOY OR MILK  
**NO** SUGAR OR SALT  
**NO** PRESERVATIVES  
**NO** ARTIFICIAL COLORS, FLAVORS OR SWEETENERS  
**NO** MAGNESIUM STEARATE

Δ Per serving  
 Exclusive packaging for iHerb.

Lot No: **21L686A**  
**362 07:54 03**  
 Best by: **12/24**

This product has been manufactured at a GMP Registered facility.



ESTABLISHED  
 — 1971 —

**Country<sup>®</sup>  
 Life**

**CALCIUM  
 MAGNESIUM  
 ZINC**

with L-Glutamic Acid

**1000 mg : 500 mg : 50 mg** Δ

**Certified Gluten-Free**

► Formulated to maximize calcium utilization\*\*

**Directions:** Adults take three (3) tablets daily. For best utilization, take with food. Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care providers.

**Supplement Facts**

Serving Size 3 tablets  
 Servings Per Container 83

Amount Per Serving	% Daily Value	
Calcium (from calcium carbonate [oyster shell], calcium carbonate, calcium citrate)†	1,000 mg	77%
Magnesium (as magnesium oxide)†	500 mg	119%
Zinc (as zinc gluconate)†	50 mg	455%
L-Glutamic Acid	100 mg	*

\* Daily Value not established.

Other Ingredients: Cellulose, stearic acid, cellulose & glycerin coating, silica, vegetable glaze.

† Country Life always labels minerals in elemental weight.

**CAUTION:** If you are pregnant, nursing, or taking medication, have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur.

**Do not accept if seal is broken.**  
**Store in a dry place between 59°-86° F.**  
**Keep out of the reach of children.**

Dietary Supplement **250** Tablets

— Our **PLEDGE of INTEGRITY** —  
 AUTHENTICITY • CLEANLINESS • FRESHNESS  
 CONSISTENCY • ACCURACY

Manufactured by Country Life, LLC  
 180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)  
 CountryLifeVitamins.com  
 Product No. 2604PL

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