

## DIETARY SUPPLEMENT

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

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.\*


All Natural Factors products are manufactured in accordance with the Government of Canada's Good Manufacturing Practices (GMP), among the highest standards in the world.

*Contains no artificial preservatives, color or sweeteners; no dairy, wheat or yeast. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.*

\* 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.

PRODUCT OF CANADA  
Manufactured by Natural Factors Canada  
Distributed by NATURAL FACTORS,  
1111-80th St. SW, Ste 100  
Everett, WA, USA 98203

**Purity & Potency  
Guaranteed**

 Recyclable container and label.



Actual Size

# natural Factors®

## Calcium & Magnesium Citrate With D 180 Tablets

### PLUS POTASSIUM & ZINC

## Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	<1 g	<1%**
Dietary Fibre	<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.

Other ingredients: Cellulose, magnesium stearate (vegetable grade).

