

**Contains No** sugar, salt, dairy, yeast, wheat, gluten, preservatives, artificial colors or flavors.

**Suggested Use:** As a dietary supplement, adults take one (1) tablet, two (2) times daily with meals, or as directed by a health care professional. Store in a cool, dry place and away from direct light.

**KEEP OUT OF REACH  
OF CHILDREN.**

# Calcium & Magnesium

With Boron and Vitamin D

*Dietary Supplement*  
250 Tablets

## SUPPLEMENT FACTS

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin D (as cholecalciferol)	0.625 mcg (25 IU)	3%
Calcium (from calcium carbonate, calcium chelate, calcium citrate)	500 mg	38%
Magnesium (from magnesium oxide, magnesium chelate, magnesium citrate)	250 mg	60%
Boron (from boron chelate)	1 mg	*
Betaine hydrochloride	25 mg	*

\*Daily Value not established

**Other Ingredients:** Cellulose, stearic acid and pharmaceutical glaze.



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