

**Contains No** Corn, Dairy, Yeast, Wheat, Gluten, Eggs, Peanuts, Soy, Tree Nuts, Fish, Shellfish, Sesame, Preservatives, Artificial Colors or Flavors.

**Suggested Use:** As a dietary supplement, adults take four (4) tablets 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.**

\*\*Aquamin® is a registered trademark of Marigot Limited

# Calcium & Magnesium Citrates

**GLUTEN FREE • NON GMO • VEGETARIAN**

*Dietary Supplement*  
250 Tablets

## SUPPLEMENT FACTS

Serving Size 4 Tablets  
Servings Per Container 62

	Amount Per Serving	% Daily Value
Vitamin D (as cholecalciferol)	3 mcg (125 IU)	15%
Vitamin K (as phytionadione)	50 mcg	42%
Calcium (from citrate and Organic Icelandic Red Algae [Aquamin®]**)	750 mg	58%
Magnesium (as citrate, oxide)	500 mg	119%*
Betaine hydrochloride	50 mg	*
Boron (from boron chelate)	3 mg	*

\*Daily Value not established

**Other Ingredients:** Cellulose, dicalcium phosphate, stearic acid, magnesium stearate, silica.

