

Supplement Facts

Serving Size: 3 Veg Capsules

Servings Per Container: 20

	Amount Per Serving	% Daily Value*
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Vitamin D2	19 mcg (750 IU)	. 95%
(as Ergocalciferol - a vegetarian source)		
Calcium (from Calcium Citrate)	450 mg	. 35%
Magnesium (from Magnesium Oxide)	225 mg	. 54%
Zinc (from Zinc Amino Acid Chelate)	11 mg	. 100%
Copper (from Copper Amino Acid Chelate)	0.75 mg	. 83%
Manganese	4 mg	. 174%
(From Manganese Amino Acid Chelate)		

* Percent Daily Values are based on 2,000 calorie diet.

† Daily value not established

Other Ingredients: Cellulose (capsule), Cellulose Powder, Ascorbyl Palmitate and Silica.

Not manufactured with: wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients.

Suggested Usage: Take 3 capsules daily, preferably in divided doses, with food.

Keep in a cool, dry place with lid tightly closed.

Caution: For Adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Benefits of Calcium Citrate:

This is an optimal vegetarian formula designed to support bone structure. Calcium Citrate is a readily digested and absorbed form of Calcium. The trace minerals (as amino acid chelates) and Vitamin D (as Ergocalciferol - a vegetarian source) are added because of their essential role in bone metabolism.*

- Synergistic Formula for Bone Metabolism including Magnesium & Vitamin D*
- Highly Bioavailable Calcium*

Double Safety Sealed: Do not accept if either tear band on cap or inner freshness seal is damaged or missing.

Nature's Wonderland® Guarantee: This product is guaranteed for purity, freshness and labeled potency.

*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.

