

**Suggested Usage:** Take 2 capsules daily, preferably in divided doses, with food.

This product contains the minerals that are essential for bone health.\* In addition to calcium and magnesium, this product provides chelated, highly absorbable forms of zinc, copper and manganese, three trace minerals known to support healthy bone metabolism.\* Vitamins D and K have also been included to support calcium metabolism.\*

\*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.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish, tree nut or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

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

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

Aquamin® is a registered trademark of Marigot Ltd, Cork, Ireland.

This bottle is made from 100% PCR (post-consumer recycled) resin.

Item # V28C



Manufactured for and Distributed by:  
Penn Herb Co. Ltd.  
10601 Decatur Rd. Phila, PA 19154



7 15486 90283 9

[www.PennHerb.com](http://www.PennHerb.com) 800.523.9971

**Nature's Wonderland®**  
Premium Supplements  
Since 1924

# CALCIUM & MAGNESIUM

## SUPPORTS BONE HEALTH\*

Chelated Trace Minerals  
With Vitamins D + K2 (MK-7)

**120 Capsules**  
**Dietary Supplement**

## Supplement Facts

Serving Size 2 Capsules    Servings Per Container 60

	Amount Per Serving	% Daily Value
Vitamin D (as D <sub>3</sub> Cholecalciferol)	25 mcg (1,000 IU)	125%
Calcium (elemental) (from Calcium Carbonate, Aquamin® Seaweed Derived Minerals, Calcium Citrate)	500 mg	38%
Magnesium (elemental) (from Magnesium Oxide, Citrate, Malate)	250 mg	60%
Zinc (elemental) (from Zinc Amino Acid Complex)	7.5 mg	68%
Copper (elemental) (from Copper Bisglycinate)	0.5 mg	56%
Manganese (elemental) (from Manganese Bisglycinate)	2.5 mg	109%
Organic Kelp ( <i>Laminaria spp.</i> )	25 mg	†
Vitamin K <sub>2</sub> (as Menaquinone-7) (MK-7)	40 mcg	†

† Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), Magnesium Stearate (vegetable source), Maltodextrin, Hydroxypropyl Cellulose, Rice Flour, Stearic Acid (vegetable source), Silicon Dioxide and Citric Acid.