Recommended Adult Dose: Take one tablespoon once daily with a meal, a few hours before or after taking other medication, or as recommended by your healthcare practitioner. Shake well before each use. Do not refrigerate. **Guaranteed** to contain no added wheat, yeast, gluten, artificial coloring or flavoring or dairy products. Ideal for vegetarians. **Quality Assurance:** Safety-sealed for your protection and for product freshness. Do not use if outer seal is missing or broken. Store in a cool, dry place. Keep out of reach of children.





CALCIUM-MAGNESIUM SUPPLEMENT

15.2 fl oz (450 ml)

Supplement Facts Serving Size 1 Tablespoon (15 ml) Servings per Container 30		
Each Tablespoon Contains		% DV
Calories	15	
Total Carbohydrate	4 g	1%♦
Vitamin D (cholecalciferol)	1000 IU	250%
Vitamin K ₁ (phylloquinone)	40 mcg	50%
Vitamin K ₂ (menaquinone-7)▲	60 mcg	75%
Calcium (calcium citrate)	500 mg	50%
Magnesium (magnesium citrate)	200 mg	50%
◆ Percent Daily Values (DV) are based on a 2000 calorie diet		

▲ Naturally derived from fermented soybeans

Spot UV Location

Other ingredients: Purified water, xylitol, natural vanilla flavor, citric acid, xanthan gum, stevia leaf extract (glucosylsteviosides), potassium sorbate

