

**DIRECTIONS:**

Adults take three tablet daily, preferably with food or as directed by your doctor.

Calcium is an essential mineral needed for proper bone health, as well as nerve function. Magnesium plays an essential role in maintaining bone mineralization, and is also involved in muscle contractions and nerve impulses. Zinc is an antioxidant that provides immune support and plays a role in over 300 enzymes in the body.

**WARNING: KEEP OUT OF REACH OF CHILDREN.  
DO NOT EXCEED RECOMMENDED DOSE.  
DO NOT PURCHASE IF OUTER SEAL IS BROKEN  
OR DAMAGED**

When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

**STORE TIGHTLY CLOSED IN A COOL, DRY PLACE.**



HUMAN  
essentials

## Calcium-Magnesium Zinc- Vitamin D3

Supports Strong Healthy Bones , Nerve & Muscle Function



Dietary Supplement  
60 Tablets



Produced for:  
PCLQ Europe-Sweden  
Info@pclq-europe.com

### Supplement Facts

Serving Size: 3 Tablets  
Servings Per Container: 20

	Amount per Serving	% Daily Value
Calcium (as Calcium Carbonate)	1000mg	100%
Magnesium ( as Magnesium Oxide)	400mg	100%
Zinc (as Zinc Oxide)	5 mg	33.3%
Vitamin D (as Cholecalciferol)	150 IU	37.5%

Other Ingredients: Stearic Acid, Croscarmellose Sodium, Magnesium Stearate, Microcrystalline Cellulose, Silicon Dioxide.

