

ACTIVE CALCIUM

RECOMMENDED ADULT DOSE: TAKE TWO TABLETS DAILY.

Nutritional Facts		
Ingredient	Amount per 2 Tablets	% RDA*
CALCIUM (CITRATE, CARBONATE)	400 mg	40%
MAGNESIUM (CITRATE, AMINO ACID CHELATE, OXIDE)	200 mg	50%
BORON CITRATE	660 mcg	†
VITAMIN K	30 mcg	38%
VITAMIN D (CHOLECALCIFEROL)	5 mcg	50%
OTHER INGREDIENTS: MODIFIED CELLULOSE, MICROCRYSTALLINE CELLULOSE, RICE PROTEIN HYDROLYSATE, CALCIUM SILICATE, ASCORBYL PALMITATE, DEXTRIN, CROSCARMELLOSE SODIUM, DEXTROSE, LECITHIN, SODIUM CITRATE.		
*United States Recommended Daily Allowance. Based on Philippines RENI 2002 adult 19-29 years old.		
†US RDA value not yet established.		