

\*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.

# Supplement Facts

Serving Size: 4 Tablets

Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin D [as (D3) cholecalciferol]	20 mcg	100%
Calcium (as dicalcium phosphate)	70 mg	5%
Magnesium (as magnesium citrate and magnesium oxide)	350 mg	83%
Zinc (as zinc sulfate)	30 mg	273%
Copper (as cupric oxide)	2 mg	222%
Sodium	10 mg	< 1%
Maca ( <i>Lepidium meyenii</i> ) Root Powder	3000 mg	†
Ashwagandha Root Extract	600 mg	†

†Daily Value not established

Other Ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, film coat (hypromellose, polyethylene glycol, hydroxypropyl cellulose), silica, and magnesium stearate.

Distributed by Roman Health Ventures, Inc., 116 W. 23rd Street, 4th Floor, New York, New York 10011  
888-798-8686 • [getroman.com](http://getroman.com) • Made in the USA from imported ingredients.

Keep away from children. Store in a cool, dry place.

**⚠ WARNING:** This product can expose you to chemicals, including lead, known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov).

**CAUTION:** Please consult your physician before use if you have a medical condition or are taking any medications or other supplements. Do not take this product if you are pregnant, think you may be pregnant, or are breastfeeding. This product may cause digestive upset in some individuals.

**DIRECTIONS:** Take 4 tablets per day with a full meal.

**PRO TIP:** If you have a sensitive stomach, try splitting the daily dose into 2 tablets with lunch and 2 tablets with dinner.

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