

Manufactured in the USA for:

Douglas Laboratories

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Calcigard® One-To-One is a specially acidified, rapidly dissolving formula designed to improve absorption and bioavailability of calcium and magnesium. Tablets may be swallowed or dissolved in water or other suitable liquid.

Suggested Use: As a dietary supplement, adults take **2 tablets up to four times daily or as directed by healthcare professional.**

KEEP OUT OF REACH OF CHILDREN.

For optimal storage conditions, store in a cool, dry place. (59°-77°F/ 15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

CA4

Calcigard® One-To-One Plus Vitamin D

A Dietary Supplement



90 Tablets

Supplement Facts

Serving Size 2 tablets

Servings Per Container 45

Amount Per Serving		%DV
Vitamin D3	50 IU	13%
(as cholecalciferol)		
Calcium	250 mg	25%
(as calcium citrate)		
Magnesium	250 mg	63%
(as magnesium amino acid chelate)		

Other ingredients: Cellulose, modified cellulose gum, stearic acid, silica and magnesium stearate.