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CODE 1275 V2

ACTUAL SIZE

www.nowfoods.com
Made in the U.S.A.

Manufactured by NOW FOODS, BLOOMINGDALE, IL 60108

Do Not Eat Freshness Packet. Keep in Bottle.

*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

SUGGESTED USAGE: As a dietary supplement, take 2 tablets daily, preferably with meals.

Calcium & Magnesium are essential minerals that work synergistically with one another to promote enhanced absorption. Calcium is necessary for strong bones and teeth, and Magnesium is important for healthy enzymatic activity*. In addition, NOW® Cal-Mag Stress Formula provides a full spectrum of B-vitamins and Vitamin C. Look for other fine NOW® products in health food stores nationwide.

Cal-Mag

STRESS FORMULA

with B-Complex
& Vitamin C

100 Tablets

A Dietary Supplement
Vegetarian Formula



Supplement Facts

Serving Size 2 Tablets Servings Per Container 50

	Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	120 mg	200%
Thiamine (Vitamin B-1) (from Thiamine HCl)	10 mg	667%
Riboflavin (Vitamin B-2)	5 mg	294%
Niacin (Vitamin B-3) (as Niacinamide)	40 mg	200%
Vitamin B-6 (from Pyridoxine HCl)	5 mg	250%
Folate (Folic Acid)	800 mcg	200%
Vitamin B-12 (as Cyanocobalamin)	20 mcg	333%
Biotin	300 mcg	100%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate)	20 mg	200%
Calcium (from 80% Calcium Carbonate, 10% Calcium Citrate, 10% Amino Acid Chelate)	1.0 g (1,000 mg)	100%
Magnesium (from 80% Magnesium Oxide, 10% Magnesium Citrate, 10% Amino Acid Chelate)	500 mg	125%
Choline (as Choline Bitartrate)	20 mg	†
Inositol	20 mg	†
PABA	10 mg	†

† Daily Value not established.

Other ingredients: Cellulose, Stearic Acid (vegetable source), Croscarmellose Sodium, Silica, Magnesium Stearate (vegetable source) and Vegetable Coating.

Vegetarian Formula.

Contains no sugar, salt, starch, yeast, wheat, gluten, soy, milk, egg or preservatives.