

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish.

Minerals play many important roles in supporting overall health. Our **Cal Mag 1:1** vegetarian caps help maintain bone density, muscle and nerve health.[†] This optimal ratio of minerals contains specially formulated citrate forms of both calcium and magnesium, which have better absorption than other forms. Vitamin D3 has been added to enhance the body's calcium absorption and utilization, and our product is formulated in a green food base.

Over time, calcium deficiency results in weakened bone structure, increasing the risk of fractures and compromising bone health. The average diet lacks proper magnesium, which maintains normal nerve and muscle function. Supplementing with one serving of Cal Mag 1:1 helps meet the RDA for these essential nutrients.[†]

We Guarantee Our Supplements for Potency and Purity
To report a serious adverse event, call 1-888-710-0006

[†] 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.



Optimal Ratio • Maximum Absorption

Cal-Mag 1:1 with Vitamin D3

In a Food Base

DIETARY SUPPLEMENT

*Helps Maintain Bone Density, Muscle,
and Nerve Health[†]*

90

Vegetarian Tablets

gluten
free

dairy
free

egg
free

nut
free

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value	
Vitamin D3 (as cholecalciferol)	200 IU	50%
Calcium (from citrate)	375 mg	38%
Magnesium (from oxide, citrate)	375 mg	94%

OTHER INGREDIENTS: CELLULOSE (VEGETABLE CAPSULE), SILICA, WATERCRESS (*NASTURIUM OFFICINALE*; LEAF), PARSLEY (*PETROSELINUM CRISPUM*; LEAVES), ALFALFA (*MEDICAGO SATIVA*; AERIAL PARTS), MAGNESIUM STEARATE (VEGETABLE SOURCE).

Manufactured for: **Natural Healthy Concepts**
310 N. Westhill Blvd. Appleton, WI 54914
Phone: (920) 968-2360

SUGGESTED USE: Take up to three capsules daily.

KEEP OUT OF REACH OF CHILDREN.

VVL 690-90C1