

A truly synergetic blend of vegetarian based calcium and magnesium complex with a nice citrus flavor. The minerals and vitamins are perfectly balanced in a highly absorbable liquid formula. A near perfect balance of nutrients that are good for the body!

Health Through Nature

Always consult a healthcare professional before taking any nutritional supplement.

Do not use if inner seal is missing or damaged.

Store at Room Temperature
Shake Vigorously Before Using
Minerals Will Settle To Bottom - This is Normal!
Refrigerate After Opening

Other Ingredients: Purified Water, Xanthan Gum, Citric Acid, Natural Citric Flavoring, Stevia (Stevia rebaudiana), Potassium Sorbate & Potassium Benzoate to preserve freshness. **Contains No:** Sugar, Starch, Salt, Wheat, Gluten, Yeast, Dairy, or Soy Derivatives.

RECOMMENDED USE: Shake vigorously before use. Adults, 1 to 2 ounces daily - Children over 12 years of age, 1/2 oz daily or as directed. Great mixed with other juices and in smoothies.

California Academy of Health (CAOH)
Web: www.caoh.com Email: info@caoh.com
Phone: 800-643-7188 (Made in the USA)



Liquid Calmag Calcium & Magnesium Vitamin Mineral Complex



**Vegetarian
Dietary Supplement**

32 Fluid Ounces (946 ml - 908 g)

Supplement Facts#

Serving Size: One (1) Fluid Ounce (30 ml)

Servings Per Container: 32 (946 ml - 908 g)

E (Elemental)	Amount Per Serving	% Daily Value*
Calories	31 (0 from fat)	
Total Carbohydrates	7 g	1%
Sugars	0 g	0%
Calcium & Magnesium Blend	1600 mg E	
Calcium (Glucanate USP, Citrate, Chelate, Malate - 1000 mg E)	300 mg	30%
Magnesium (Chelate 600 mg E)	180 mg	45%
Vitamin D (as Ergocaliferol)	400 IU	100%
Phosphorus (Chelate 100 mg E)	100 mg	10%
Manganese (Chelate 100 mg E)	20 mg	100%
Silica (from Horsetail Extract & Silica Chelate 102 mg E)	10 mg	**
Boron (Chelate 20 mg E)	2 mg	**
L-lysine	100 mg	**

* Percent Daily Values are based on 2000 Calorie diet.

** Percent Daily Value not established.

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.

