

swanson.com
or call 1-800-437-4148

- Helps build and support strong bones
- Promotes energy production and muscle relaxation
- Supports cardiovascular health

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take two capsules two times per day with water.

WARNING: For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication or have a medical condition. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place.

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.



SWANSON®

Calcium Citrate Plus Magnesium

Strong, Healthy Bones

2:1 CALCIUM TO MAGNESIUM RATIO

MINERAL SUPPLEMENT | 150 CAPSULES

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 75

Amount Per Serving		% Daily Value
Calcium	300 mg	23%
(from calcium citrate)		
Magnesium	150 mg	36%
(from magnesium oxide)		

Other ingredients: Gelatin, microcrystalline cellulose (plant fiber), medium-chain triglycerides oil (palm), aspartic acid, magnesium stearate.

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