

store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN
USE ONLY IF SAFETY SEAL IS INTACT

Recommendations

2 capsules 2 or 3 times daily with food
or as directed by your healthcare
professional.

Warning

If pregnant, consult your physician
before taking.

EXCLUDES COATINGS, BINDERS, GLUTEN
(WHEAT, RYE, BARLEY)¹, MILK/DAIRY (CASEIN,
WHEY)¹, SOY PROTEIN¹, EGG PROTEIN¹, SUGAR.
¹VERIFIED BY INDEPENDENT TESTING



Albion® Minerals is a trademark of
Albion Laboratories, Inc.

Raw materials and finished products are
independently tested by U.S. labs.
Learn more at vitalnutrients.net


VITAL
NUTRIENTS

**Calcium &
Magnesium**

225mg/75mg

DIETARY SUPPLEMENT

100 VEGETARIAN CAPSULES

Supplement Facts

serving size: 2 vegetarian capsules

servings per container: 50

	amount per serving	percent daily value
Calcium	450mg	45%
(as 50% dicalcium malate* and 50% calcium carbonate)		
Magnesium	150mg	37.5%
(as 40% dimagnesium malate* and 60% magnesium oxide)		

Other Ingredients: Vegetable Cellulose
Capsule, Magnesium Silicate, and Leucine.

*Albion® Minerals

manufactured by
VITAL NUTRIENTS
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MIDDLETOWN, CT 06457 USA