

store sealed in a cool dry place

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

Recommendations

2 capsules 2-4 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)[†], MILK/DAIRY (CASEIN, WHEY)[†], SOY PROTEIN[†], EGG PROTEIN[†], SUGAR.
[†]VERIFIED BY INDEPENDENT TESTING



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


VITAL
NUTRIENTS

**Calcium/
Magnesium**

(CITRATE/MALATE FORMULA)

DIETARY SUPPLEMENT
100 VEGETARIAN CAPSULES

Supplement Facts

serving size: 2 vegetarian capsules
servings per container: 50

	amount per serving	% daily value
Calcium	160mg	16%
(as 70% dicalcium malate* and 30% calcium citrate/malate)		
Magnesium	160mg	40%
(as 70% dimagnesium malate* and 30% magnesium citrate)		

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

*Albion® Minerals

manufactured by
VITAL NUTRIENTS
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