

**USAGE:** Take 3 to 6 tablets per day with meals, preferably dividing the number of tablets equally between each meal to facilitate maximum absorption or as directed by your qualified healthcare professional.

**NOTE:** If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

**Vitamin D** is essential for intestinal calcium and phosphorous absorption.\* Ergocalciferol (Vitamin D<sub>2</sub>) is a vegetarian form of vitamin D.

**Magnesium** works with **calcium** and other minerals in bone formation.\* Moreover, it is involved in over 300 enzymatic reactions, including in energy (ATP) production, as well as cardiac and smooth muscle contractions.\*

**HEALTH CLAIM:** Adequate calcium and vitamin D as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis later in life.

Keep out of the reach of children.

\* 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.

Lot #. Best Used Before:

**Jarrow**  
FORMULAS

**Citrates/Malates**

# CalMag

**Calcium & Magnesium Citrates  
& Malates + Vitamin D**

**Promotes Bone Health\***

**90**  
TABLETS

**DIETARY  
SUPPLEMENT**



## Supplement Facts

Serving Size 3 Tablets  
Servings Per Container 30

	Amount Per Serving	% DV
Vitamin D <sub>2</sub> (Ergocalciferol) (from <i>Saccharomyces cerevisiae</i> Nutritional Yeast)	12.5 mcg (500 IU)	60%
Calcium (as Calcium Citrate/Malate)	500 mg	40%
Magnesium (as Magnesium Citrate/Malate)	250 mg	60%

Other Ingredients: Cellulose, yeast (inactivated *Saccharomyces cerevisiae* [source of D<sub>2</sub>]), magnesium stearate (vegetable source), silicon dioxide and a food-grade coating.

Contains fully-reacted mineral citrates/malates manufactured in USA.

**Suitable for vegetarians/vegans.**

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

Distributed Exclusively by:  
**Jarrow FORMULAS**<sup>®</sup>  
Superior Nutrition and Formulation<sup>SM</sup>  
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