

Solgar's Chelated Magnesium/Calcium 2:1 Tablets are free of corn, yeast, wheat, soy and dairy products and are formulated without the use of preservatives or artificial flavors.

To assure freshness and potency, store at room temperature 15°-30°C (59°-86°F). Store away from heat, light and moisture.

Formulated for adults.

Keep out of reach of children.

**\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

Solgar's Chelated Magnesium/Calcium 2:1 Tablets are manufactured under license agreements with Albion Laboratories whose patents and pending patents cover the complexing of minerals with pure amino acids.

Solgar's KOF-K certification #K-1250

DO NOT USE IF OUTER BOTTLE SEAL IS MISSING, TORN OR DAMAGED IN ANY WAY.

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www.solgar.com



Since 1947

CHELATED

# MAGNESIUM CALCIUM 2:1

DIETARY SUPPLEMENT

180 TABLETS

SUITABLE FOR VEGETARIANS  
SUGAR AND STARCH FREE



**BONE SUPPORT\***

## Supplement Facts

Serving Size 3 Tablets

Servings Per Container 60

Amount Per Serving		%DV
Calories	5	
Total Carbohydrate	1 g	<1%*
Dietary Fiber	1 g	4%*
Calcium (as carbonate, glycinate†, citrate†)	300 mg	30%
Magnesium (as citrate†, oxide, glycinate†)	600 mg	150%
Iron ††	0.7 mg	4%
Sodium ††	10 mg	<1%

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Titanium Dioxide, Vegetable Magnesium Stearate, Vegetable Stearic Acid, Vegetable Glycerin, Silica, Carnauba Wax.

SUGGESTED USE: As a dietary supplement for adults, take three (3) tablets daily, preferably at mealtime. May be distributed throughout the day, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement.

**WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.**

† Fully reacted chelates, Albion process patent No. 4,599,152 Chelazomes

†† Naturally occurring; therefore amount may vary.

For more information, call toll-free 1-877-SOLGAR 4.

Carefully Manufactured By:  
Solgar Vitamin and Herb  
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