

Calcium provides the building blocks that help keep bones and teeth strong and healthy.\* It also supports the musculoskeletal and nervous systems, and involved with heart-beat regulation.\* Magnesium helps to regulate calcium transport and stimulates the secretion of calcitonin, a hormone that aids in the influx of calcium into bone.\* It plays an important role in protein formation and healthy muscle function.\* This formulation contains the highly absorbable citrate form of calcium.\*

Adequate calcium throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis.

Carefully Manufactured by:  
Solgar, Inc., 500 Willow Tree Road  
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For more information, call toll-free  
1-877-SOLGAR 4, [www.solgar.com](http://www.solgar.com)

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Prod 509  
SOLGB70509 04D

14-00509X3S



# CALCIUM MAGNESIUM CITRATE

HIGHLY ABSORBABLE  
CALCIUM CITRATE FORM

Non-GMO  
GLUTEN, WHEAT & DAIRY FREE  
SUITABLE FOR VEGANS



100 TABLETS

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 5 Tablets  
Servings Per Container: 20

Amount Per Serving		%DV
Calcium (as calcium citrate)	1,000 mg	77%
Magnesium (as magnesium oxide, citrate)	500 mg	119%

DV=Daily Value

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Stearic Acid, Vegetable Magnesium Stearate, Vegetable Glycerin, Titanium Dioxide (color).

**FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Artificial Flavor and Sweetener.**

**SUGGESTED USE:** As a dietary supplement for adults, take five (5) tablets daily, preferably with a meal. May be distributed throughout the day, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification #K-1250

\*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.

