



# CALCIUM MAGNESIUM WITH VITAMIN D3

HIGHLY ABSORBABLE  
CALCIUM CITRATE FORM  
PROMOTES HEALTHY BONES\*  
SUPPORTS NERVE & MUSCLE FUNCTION\*



Non-GMO  
GLUTEN, WHEAT & DAIRY FREE



300 TABLETS

DIETARY SUPPLEMENT

Calcium provides the building blocks that help keep bones and teeth strong and healthy.\* It also supports the health of the musculoskeletal and nervous systems.\* Magnesium helps to regulate calcium transport and stimulates the secretion of calcitonin, a hormone that aids in the influx of calcium into bone.\* Vitamin D is required to promote calcium absorption, which helps to maintain healthy bones and teeth.\* Vitamin D also supports a healthy immune system.\* This formulation provides Vitamin D3 for daily supplementation.

Adequate Calcium and Vitamin D as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life.

Carefully Manufactured by:  
Solgar, Inc.  
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## Supplement Facts

Serving Size: 5 Tablets  
Servings Per Container: 60

Amount Per Serving		%DV
Vitamin D3 (as cholecalciferol)	10 mcg (400 IU)	50%
Calcium (as calcium citrate)	1,000 mg	77%
Magnesium (as magnesium oxide, magnesium 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, Sodium, 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.

