

Magnesium helps to regulate calcium transport and stimulates the secretion of calcitonin, a hormone that aids in the influx of calcium into bone. Magnesium also works with ATP to release the energy needed for most reactions in the body. It plays an important role in healthy nerve and muscle function. Calcium provides the building blocks that help keep bones and teeth strong and healthy. This formulation offers multiple forms of magnesium and calcium providing a 2:1 magnesium to calcium ratio.*

†US Patent No.'s. 6,706,904 and 6,716,814 licensed by Albion Laboratories, Inc.

Carefully Manufactured by:
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CHELATED MAGNESIUM CALCIUM 2:1

PROMOTES HEALTHY BONES*
SUPPORTS NERVE & MUSCLE FUNCTION*



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



90 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 3 Tablets
Servings Per Container: 30

Amount Per Serving		%DV
Calcium	300 mg	23%
(as carbonate, glycinate†, citrate)		
Magnesium	600 mg	143%
(as oxide, citrate, glycinate†)		

DV = Daily Value

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Vegetable Stearic Acid, Citric Acid, Silica, 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 three (3) tablets daily, preferably with a meal 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.

