

Recommended Dosage: As a dietary supplement, take two (2) tablets in the morning, 2 in the afternoon and 2 at bedtime, with 8 oz. of water or juice. for optimum results, use this product with other Wachters' products.

THIS PRODUCT WAS SEALED FOR YOUR PROTECTION.
DO NOT USE IF SEAL HAS BEEN TAMPERED WITH.

Keep out of reach of children

No. 4. Calcium and Magnesium is a high quality calcium, magnesium formula plus Vitamin D. Calcium plays vital roles in nerve and muscle health and is needed by all, young and old, men and women. Calcium is necessary for bone and tooth development and may help reduce bone loss due to osteoporosis. If you do not take in enough calcium, your body must replenish the needed calcium by robbing it from your bones. In combination with magnesium and vitamin D, it may help prevent nocturnal leg muscle cramps and encourage restful sleep.*

* 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.

Wachters' Exclusive Blend of Sea Vegetation® is a unique combination comprising up to 15 different species of the highest quality sea vegetation from around the world serving as a synergistic activator of the other ingredients in this product, thereby enhancing their effectiveness.

Wachters' Organic Sea Products dietary supplements contain no preservatives, yeast, artificial colorings, artificial flavorings, starch or animal products. No heat, moisture or chemicals are used in preparation of No. 4.

WACHTERS'



No. 4

Calcium – Magnesium Chelate

Dietary Supplement
180 TABLETS

Supplement Facts

Serving Size: 6 Tablets

Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin D (as cholecalciferol)	200 IU	50%
Calcium (as amino acid chelate)	500 mg	50%
Magnesium (as amino acid chelate)	250 mg	62.5%
Proprietary Blend consisting of:	1590 mg	*
Wachters' Exclusive Blend of Sea Vegetation®		
Carrot Powder		
Chlorophyll		

* Daily Value not established

Wachters' Exclusive Blend of Sea Vegetation® is a registered trademark of Wachters' Organic Sea Products, and is an exclusive combination of multi-marine plant sources.

Manufactured by:
Wachters' Organic Sea Products
Daly City, Ca. 94014

To report a serious adverse event or
obtain product information, call 1-800-682-7100
www.wachters.com

Made in U.S.A.
Code # 5060