

Calcium and Magnesium for Bone Health & More†

Minerals play many important roles in supporting overall health.† Our **Cal Mag 1:1 with Vitamin D3** vegetarian capsules help support bone density, muscle and nerve health.† This ratio of minerals contains citrate forms of both calcium and magnesium which may have better absorption than other forms.† Vitamin D3 has been added to enhance the body's calcium absorption and utilization, and our product is formulated in a green food base.†

Over time, calcium deficiency results in weakened bone structure, increasing the risk of fractures and compromising bone health.† The average diet lacks proper magnesium, which supports normal nerve and muscle function.† Supplementing with **Cal Mag 1:1** helps support the recommended daily intake of these essential minerals.†

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish.

† SGS verified the process for manufacturing this product with no GMO ingredients. www.sgs.com/no-gmo

Store in a cool, dry place.

We Guarantee Our Supplements for Potency and Purity
To report a serious adverse event, call 1-888-710-0006

† 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.



Optimal Ratio • Maximum Absorption

Cal-Mag 1:1 with Vitamin D3

In a Food Base

DIETARY SUPPLEMENT

*Helps Maintain Bone Density, Muscle,
and Nerve Health†*

90
Vegetarian Capsules

gluten
free

dairy
free

soy
free

no
gmo†

nut
free

Supplement Facts

Serving Size 3 Capsules

Servings Per Container 30

Amount Per Serving	% Daily Value	
Vitamin D (as cholecalciferol)	5 mcg	25%
Calcium (from citrate)	375 mg	29%
Magnesium (from oxide, citrate)	375 mg	89%

Other ingredients: Cellulose (vegetable capsule), silica, watercress (leaf), parsley (leaves), alfalfa (aerial parts), magnesium stearate (vegetable source).

Manufactured for: Natural Healthy Concepts
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SUGGESTED USE: Take up to three capsules daily.

KEEP OUT OF REACH OF CHILDREN.

VVL 690-90E