

SUGGESTED USE Consume two or more capsules daily or as recommended by a health care professional. Calcium is best absorbed when you consume *no more than 500 mg* of Calcium (2 capsules) at once. As with any dietary supplement, this product is most effective as part of a healthy diet and active lifestyle, along with a daily multi-vitamin-mineral formula. **For answers to questions about the use of this product, call 800.808.7311.**



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CALCIUM-MAGNESIUM INTENSIVE CARE™

GENTLE ULTRA-SOLUBLE CALCIUM
MAGNESIUM • VITAMIN D₃ • BORON



250 Easy-to-Swallow Capsules

Andrew Lessman's CALCIUM-MAGNESIUM INTENSIVE CARE is a mild, natural formula designed to address the needs of all individuals to consume the Calcium, Magnesium, and Vitamin D₃ we require. This easy-to-swallow, ultra-mild and easy-to-absorb formula is ideal for everyone, particularly those who struggle with ordinary, rock-hard Calcium tablets. Calcium and Magnesium are two of the most abundant minerals on our planet, but they are sadly lacking from our diet. Making matters worse is the fact that Vitamin D is even more scarce than Calcium and, without adequate Vitamin D, we cannot absorb what little Calcium we consume. It is medically established that inadequate intake of Calcium, Magnesium and Vitamin D poses a substantial threat to the health of our bones and bodies. Plus, ordinary Calcium supplements are typically large, rock-hard tablets that are difficult to swallow, upsetting to our stomach and not well-absorbed. Our **Calcium-Magnesium Intensive Care** comes in small, easy-to-swallow capsules containing an ultra-fine, super-soluble powder that is gentle even to the most sensitive stomachs. We confidently guarantee no chalky aftertaste and no stomach upset with our uniquely enjoyable and problem-free **Calcium-Magnesium Intensive Care**. We all know how vital these nutrients are at all stages of life but, as we get older, the minerals we need become more difficult to absorb. Our **Calcium-Magnesium Intensive Care** makes these vital nutrients not only easy to absorb, but allows us to do so without any risk of stomach upset.

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.

CONTAINS NO Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens or manufacturing additives.

CONTAINS NO ADDITIVES OF ANY KIND.

Supplement Facts

Serving Size 2 Capsules Servings Per Container 125

Amount Per Serving		%DV*
Vitamin C (as calcium ascorbate/ascorbyl palmitate)	30 mg	33%
Vitamin D ₃ (as cholecalciferol)	6 mcg (250 IU)	30%
Calcium (as calcium malate/carbonate/ascorbate)	500 mg	38%
Magnesium (as magnesium oxide)	200 mg	48%
Boron (as boron glycinate)	1,000 mcg	†

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Gelatin capsule.