



# Calcium & Magnesium Gels

400 mg:200 mg • with Vitamin D3

DIETARY SUPPLEMENT

✓ Bone Support\* ✓ Energy Production\* ✓ Muscle Function\*

250 Soft Gels | 125 Servings

Carlson® Providing the highest quality nutritional supplements since 1965

## Supplement Facts

Serving Size 2 Soft Gels

Servings Per Container 125

	Amount Per Serving	% DV
Calories	10	
Total Carbohydrate	<1 g	<1%**
Protein	<1 g	
Vitamin D (as cholecalciferol)	25 mcg (1,000 IU)	125%
Calcium (from calcium carbonate)	400 mg	31%
Magnesium (from magnesium oxide)	200 mg	48%

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

Other Ingredients: Medium chain triglyceride oil, soft gel shell [beef gelatin, glycerin, water, titanium dioxide (for color)], soy lecithin, beeswax.

**Directions:** Adults: take two soft gels daily **at mealtime.** Keep bottle tightly closed.

**Calcium & Magnesium Gels** provide calcium and magnesium in the preferred 2:1 ratio. Calcium promotes strong, healthy bones and teeth.\* Magnesium supports a healthy metabolism and muscle function.\* Vitamin D3 is added for enhanced calcium absorption.\*

✓ **Gluten-free** ✓ **Milk/Casein-free**  
✓ **No Artificial Preservatives**

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

### POTENCY & QUALITY GUARANTEED

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