



Calcium & Magnesium Gels

400 mg:200 mg • with Vitamin D3

DIETARY SUPPLEMENT

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

100 Soft Gels | 50 Servings

Carlson Providing the highest quality nutritional supplements since 1965

Supplement Facts

Serving Size 2 Soft Gels

Servings Per Container 50

	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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