

PRODUCT INFORMATION:

Two tablets typically provide:

		%NRV*
Calcium	120mg	15
Magnesium	120mg	32

*NRV = Nutrient Reference Value

INGREDIENTS: Proprietary mixture: magnesium chloride, calcium chloride with enzyme digested *Saccharomyces cerevisiae* (with **soya**); natural lithothamnion calcarea, bulking agent: microcrystalline cellulose; bulking agent: hydroxypropyl cellulose; anti-caking agent: magnesium stearate; anti-caking agent: stearic acid; anti-caking agent: silicon dioxide; coating: methylcellulose, glycerine, natural vanilla flavour (agave syrup; flavour: vanilla extract; colour: caramel). (Allergens in **bold**)

All True Food® nutrients also contain B vitamins, beta glucans, glutathione, choline, inositol, amino acids and other phytonutrients naturally found in fermented food cultures.

FREE FROM: Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, salt, wheat.

This product has not been tested on animals.

HIGHER NATURE®

BODY HEALTH

CALCIUM & MAGNESIUM



60 tablets
vegetarian and vegan

CALCIUM & MAGNESIUM FOOD SUPPLEMENT - 60 TABLETS

- ✓ Calcium and magnesium contribute to normal bones, teeth and muscle function
- ✓ Calcium and magnesium contribute to normal energy yielding metabolism
- ✓ One to one ratio for balance

DIRECTIONS: Adults take 2-6 tablets (children 8 and over 1-3 tablets) a day with meals. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

STORAGE: Store in a cool, dry place out of reach of children.

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