

Vegetarian. Free of • gluten • wheat •
milk/dairy • nuts • soy • eggs • fish • shellfish •
yeast • sugar • artificial additives.

Bone health plus greater muscle & tension support*

Magnesium and Calcium plus targeted herbs to promote strong bones and muscles, and help soothe muscle soreness.* Added nutrients nourish, help ease tension, enhance absorption and aid digestion.*

Ideal for athletes, those who require extra support for muscle aches and cramps, or have low magnesium intake.*

- Calcium promotes healthy bones and teeth*

- Targeted muscle & tension support*

Magnesium • soothing herbs • vitamin B6

- Protects, and aids absorption & digestion*

Vitamins C & D • betaine HCl • spirulina • ginger • herbs

SUGGESTED USAGE: Take 1 tablet per day, with or
between meals.



KEEP OUT OF REACH OF CHILDREN. Consult your health care professional prior to use if you are pregnant, nursing, taking medication or have a medical condition.

* 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.



Magnesium
Calcium+

Helps soothe muscles & tension*

Added nutrients nourish
& aid absorption*

Vegetarian | Gluten-Free
90 Tablets | Multi-Mineral Supplement

100% Recycled, 100% Recyclable,
BPA-Free Bottle

Please remove label to recycle bottle.
To open, press along perforation.

Supplement Facts

Serving Size 1 Tablet

Servings Per Container 90

	Amount Per Serving	%DV
Vitamin C (as magnesium ascorbate)	67 mg	74%
Vitamin D3 (as cholecalciferol)	3.3 mcg	17%
Vitamin B6 (as pyridoxine HCl)	0.7 mg	39%
Calcium (as calcium chelate, calcium carbonate, calcium citrate-malate)	167 mg	13%
Magnesium (as magnesium oxide, magnesium chelate magnesium ascorbate, magnesium aspartate)	321 mg	76%
Manganese (as manganese chelate)	0.3 mg	14%
4:1 Herbal Muscular Support Blend	62 mg	*
Meadowsweet (aerial part) extract, white willow (bark) extract, turmeric (rhizome) extract, horsetail (aerial part) extract, rosemary (leaf) essential oil, ginger (rhizome) essential oil		
Digestive Support Complex	72 mg	*
Organic spirulina, betaine hydrochloride, ginger (rhizome) 4:1 extract		
*Daily Value (DV) not established.		

Other ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium. Coating (pharmaceutical glaze, Hydroxypropyl cellulose, carnauba wax).

Formulated and distributed by Nutranext Business, LLC
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SS-RLCT917690R2