



To learn about our seals, please visit [megafood.com/standards](http://megafood.com/standards).

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# MegaFood®

Fresh From Farm To Tablet™

## Calcium & Magnesium

Helps Maintain Bone & Muscle Health\*



60  
TABLETS

30  
SERVINGS

MULTIMINERAL  
DIETARY SUPPLEMENT

**Suggested Use:** 2 tablets daily with a beverage. May be taken anytime throughout the day, even on an empty stomach.

### Supplement Facts

Serving Size 2 Tablets      Servings per Container 30

| Amount per Serving                                                   | % DV |
|----------------------------------------------------------------------|------|
| Calcium (as fermented calcium bisglycinate) 100 mg                   | 8%   |
| Magnesium (as fermented magnesium bisglycinate) 50 mg                | 12%  |
| <b>Organic Trace Mineral Blend 60 mg</b>                             | **   |
| Organic Nettle Leaf, Organic Dandelion Root,<br>Organic Parsley Leaf |      |
| ** % Daily Value (DV) not established                                |      |

**Other Ingredients:** Ferment media (organic brown rice, rice protein, autolyzed yeast extract, yeast [inactive]), stearic acid, silicon dioxide, hypromellose, potassium glycinate.

Made by MegaFood, PO Box 5244, Manchester, NH 03108 USA  
[megafood.com](http://megafood.com) / 800.848.2542

MegaFood Calcium & Magnesium provides minerals essential to support healthy bones, muscles, cardiovascular health and normal blood pressure.\*

This MegaFood product is made with real food, wholesome nutritional yeast, herbs, and added nutrients. Satisfaction guaranteed or your money back.

We believe that the most nutritious food comes from healthy soils and valued farmers. Our goal is to work with farmers who share our commitment to organic and regenerative agriculture. [megafood.com/farmers](http://megafood.com/farmers)

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Keep out of reach of children. Store tightly sealed in a cool place and avoid exposure to moisture. Once open, consume within three months.



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Lot#:  
Best  
Before:

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SEP 2023

