

BONE HEALTH AND
MUSCLE FUNCTION*

Calcium & Magnesium are essential minerals for healthy bones, teeth, and muscles, supporting muscle contraction and relaxation.* Our Calcium & Magnesium are carefully tested and produced to superior quality standards.

LG41311.A01 BLK8160A



*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



CALCIUM &
MAGNESIUM

— MINERAL COMPLEX —

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250 CAPSULES | 750 MG per Serving

DIETARY SUPPLEMENT

Recommendation: Take 3 capsules twice daily, preferably with food. If you are pregnant, nursing, or taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 3 Capsules
Servings per Container 83

Amount per Serving		% DV
Total Carbohydrate	<1 g	<1%†
Calcium (as calcium carbonate, citrate, malate)	500 mg	38%
Magnesium (as magnesium oxide, citrate, bisglycinate chelate)	250 mg	60%

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

Other ingredients: gelatin (capsule), cellulose, magnesium stearate

Keep out of reach of children. Safety sealed with inner seal. Do not use if seal is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

GLUTEN FREE. No yeast-derived ingredients, wheat, corn, soy, dairy, or artificial colors, flavors, or preservatives.

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Questions? 1-800-9NATURE /
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