



Overview

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Advisories

Children under 12 years of age, pregnant women or nursing mothers, or anyone with a medical condition should consult with a physician before using this product. Keep out of reach of children.

Frequently Asked Questions

We all need lots of calcium, but do some groups need more than others?

Children, teens, and young adults need the highest amounts for their growing and maturing bodies. Building good bone mass while young can have great benefits in later life. Pregnant women and nursing mothers need more to serve the needs of their babies as well as their own. Older adults need more calcium.

What is osteoporosis?

It's a condition of weak, brittle, porous bones. Osteoporosis typically afflicts older people, women somewhat more than men. Some 25 million Americans have it.

Why does NUTRILITE combine calcium with magnesium in Cal Mag D?

Both are involved in bone metabolism and muscle and nerve activity. Research indicates that supplementing with calcium alone can hinder the action of magnesium and vice versa. NUTRILITE Cal Mag D provides a balanced combination of both minerals.

Why are there other minerals in Cal Mag D?

Copper, zinc, and manganese are included in generous amounts because these essential minerals are also needed to build and maintain healthy bones.

More Information

Use Instructions:

Teens and women: Take 1-3 tablets a day, with meals.

Men: Take 1-2 tablets a day, with meals.

NUTRILITE® Cal Mag D A-5880, 10-3536, 10-3778, 10-3779

SUGGESTED USE: Men consume 1 to 2 tablets daily, with meals; Teens and Women consume 1 to 3 tablets daily, with meals.

Supplement Facts

Serving Size 1 Tablet

	Amount Per 1 Tablet	% Daily Value	Amount Per 3 Tablets	% Daily Value
Vitamin C (from Ascorbic Acid and Acerola Concentrate)	20 mg	33%	60 mg	100%
Vitamin D (from Cholecalciferol)	100 IU	25%	300 IU	75%
Calcium (from Calcium Carbonate, Calcium Citrate and Calcium Amino Acid Chelate)	250 mg	25%	750 mg	75%
Magnesium (from Magnesium Oxide)	100 mg	25%	300 mg	75%
Zinc (from Zinc Sulfate)	5 mg	33%	15 mg	100%
Copper (from Copper Gluconate)	0.66 mg	33%	2 mg	100%
Manganese (from Manganese Citrate)	0.83 mg	42%	2.5 mg	125%
Alfalfa Dehydrate (Medicago sativa L.) ^A (leaf, stem)	30 mg	*	90 mg	*

*Daily Value not established

OTHER INGREDIENTS: MALTODEXTRIN, MICROCRYSTALLINE CELLULOSE, SODIUM CARBOXYMETHYLCELLULOSE, ACACIA, HYDROXYPROPYL METHYLCELLULOSE, MAGNESIUM STEARATE, SILICON DIOXIDE, GLYCERIN, CARNAUBA WAX.

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