

store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN  
USE ONLY IF SAFETY SEAL IS INTACT

### Recommendations

2 capsules 2 or 3 times daily with food  
or as directed by your healthcare  
professional.

### Warning

If pregnant, consult your physician  
before taking.

**EXCLUDES** COATINGS, BINDERS, GLUTEN  
(WHEAT, RYE, BARLEY)\*, MILK/DAIRY (CASEIN,  
WHEY)\*, SOY PROTEIN\*, EGG PROTEIN\*, SUGAR.  
\*VERIFIED BY INDEPENDENT TESTING



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Raw materials and finished products are  
independently tested by U.S. labs.  
Learn more at [vital-nutrients.net](http://vital-nutrients.net)



VITAL  
NUTRIENTS

Calcium &  
Magnesium

225mg/75mg

DIETARY SUPPLEMENT  
100 VEGETARIAN CAPSULES

## Supplement Facts

Serving Size: 2 vegetarian capsules

Servings Per container: 50

	Amount Per Serving	%DV
Calcium (as 50% dicalcium malate and 50% calcium carbonate)	450mg	35%
Magnesium (as 40% dimagnesium malate and 60% magnesium oxide)	150mg	36%

Other Ingredients: Vegetable Cellulose  
Capsule, Magnesium Silicate, and Leucine.

manufactured by  
**VITAL NUTRIENTS**  
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