

swanson.com
or call 1-800-437-4148

- Patented Albion® glycine-chelated form for optimum absorption
- Supports bone and cardio health
- Ideal 2:1 ratio of calcium to magnesium

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take two capsules two times per day with water.

Albion®, TRAACS® and the Gold Medallion® are registered trademarks of Albion Laboratories, Inc.



WARNING: For adults only. Consult your healthcare provider before using this or any product if you are pregnant or nursing, taking medication or have a medical condition.

Keep out of reach of children. Do not use if seal is broken. Store in a cool, dry place.

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.



SWANSON®

Albion® Calcium & Magnesium

Strong, Healthy Bones

AMINO ACID CHELATE

MINERAL SUPPLEMENT | 60 CAPSULES

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

Amount Per Serving		% Daily Value
Calcium	200 mg	15%
(from TRAACS® calcium glycinate chelate)		
Magnesium	100 mg	24%
(from TRAACS® magnesium bisglycinate chelate buffered)		

Other ingredients: Gelatin, microcrystalline cellulose (plant fiber), magnesium oxide, citric acid, maltodextrin, magnesium stearate, silica.

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