

Calcium provides the building blocks that help keep bones and teeth strong and healthy.\* It also supports the health of musculoskeletal and nervous systems.\* Magnesium helps to regulate calcium transport and stimulates the secretion of calcitonin, a hormone that aids in the influx of calcium into bone.\* It plays an important role in protein formation and healthy muscle function.\* This formulation also contains Zinc, a trace mineral that plays a role in the synthesis of collagen in bone tissue.\*

Adequate Calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life.

Carefully Manufactured by:  
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# CALCIUM MAGNESIUM PLUS ZINC

PROMOTES HEALTHY BONES\*  
SUPPORTS NERVE & MUSCLE FUNCTION\*

GLUTEN, WHEAT & DAIRY FREE  
SUITABLE FOR VEGANS



250 TABLETS

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 3 Tablets  
Servings Per Container: 83

Amount Per Serving		%DV
Calcium (as calcium carbonate, calcium gluconate, calcium citrate)	1,000 mg	77%
Magnesium (as magnesium oxide, magnesium gluconate, magnesium citrate)	400 mg	95%
Zinc (as zinc gluconate)	15 mg	136%

DV = Daily Value

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Citric Acid, Vegetable Magnesium Stearate, Vegetable Glycerin, Titanium Dioxide (color), Vegetable Stearic Acid.

**FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Artificial Flavor and Sweetener.**

**SUGGESTED USE:** As a dietary supplement for adults, take three (3) tablets daily with a meal. May be distributed throughout the day, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification #K-1250

\*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.

