

USAGE: Take 3 to 6 tablets per day with meals, preferably dividing the number of tablets equally between each meal to facilitate maximum absorption or as directed by your qualified healthcare professional.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

Vitamin D is essential for intestinal calcium and phosphorous absorption.* Ergocalciferol (Vitamin D₂) is a vegetarian form of vitamin D.*

Magnesium works with **calcium** and other minerals in bone formation.* Moreover, it is involved in over 300 enzymatic reactions, including in energy (ATP) production, as well as cardiac and smooth muscle contractions.*

HEALTH CLAIM: Adequate calcium and vitamin D as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis later in life.

Keep out of the reach of children.

* 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.

Lot #. Best Used Before:

Jarrow
F O R M U L A S

Citrates/Malates

CalMag

**Calcium & Magnesium Citrates
& Malates + Vitamin D**

Promotes Bone Health*

90
TABLETS

**DIETARY
SUPPLEMENT**



Distributed Exclusively by:
Jarrow FORMULAS®
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12113CALMAG PROD # 113012



Supplement Facts

Serving Size 3 Tablets

Servings Per Container 30

	Amount Per Serving	% DV*
Vitamin D ₂ (ergocalciferol)	500 IU	125%
Calcium (as calcium citrate/malate)	500 mg	50%
Magnesium (as magnesium citrate/malate)	250 mg	63%

* Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Cellulose, stearic acid (vegetable source), magnesium stearate (vegetable source), silicon dioxide and a food grade coating.

Contains fully reacted mineral citrates manufactured in USA.

Suitable for vegetarians/vegans.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

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