

**Suggested Usage:** Take 2 tablets daily. Can be taken in divided doses.

NOW® Calcium & Magnesium combines two essential minerals that work together to maintain several critical physiological processes.\* They are both necessary for normal neural, muscular, and blood vessel function, as well as for the maintenance of proper bodily fluid balance.\* Calcium and magnesium also support the formation and maintenance of a healthy skeleton.\*

\*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.

**Caution:** For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.  
This bottle is made from 100% PCR (post-consumer recycled) resin.

TABLET SIZE

CODE 1270H V10



# Calcium & Magnesium

Supports Bone Health\*

High in Calcium & Magnesium

2:1 Ratio

100 Tablets

A Dietary Supplement Vegetarian/Vegan



Minerals

Family owned since 1968.

## Supplement Facts

Serving Size 2 Tablets Servings Per Container 50

	Amount Per Serving	% Daily Value
Calcium (elemental) (from 3,004 mg complex of Calcium Carbonate, Calcium Citrate, Calcium Ascorbate)	1 g (1,000 mg)	77%
Magnesium (elemental) (from 972 mg complex of Magnesium Oxide, Magnesium Citrate, Magnesium Ascorbate)	500 mg	119%

Other ingredients: Microcrystalline Cellulose, Vegetarian Coating [hypromellose (cellulose), calcium carbonate, polydextrose, glycerin, medium-chain triglycerides], Stearic Acid (vegetable source), Croscarmellose Sodium, Magnesium Stearate (vegetable source), Hydroxypropyl Cellulose and Silicon Dioxide.

Manufactured for NOW FOODS, 395 S. Glen Ellyn Rd. Bloomington, IL 60108, USA [nowfoods.com](http://nowfoods.com)

Made and quality tested in the USA with globally sourced ingredients.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.