



vitamin
dietary supplement
net wt. 4.96 oz. (140.7 g)

cal-mag
instant powder

lemon

bone  | relaxation 

gluten
free

dairy
free

soy
free

nut
free

Supplement Facts

Serving Size 6.7 grams (approx. 1 heaping teaspoon)
Servings Per Container 21

	Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid, calcium ascorbate, magnesium ascorbate)	750 mg	1250%
Calcium (as gluconate, ascorbate, citrate, lactate)	400 mg	40%
Magnesium (as sulfate, aspartate, ascorbate, citrate)	200 mg	50%

Other ingredients: Citric acid, natural flavor,
Reb-A (stevia extract).

Does not contain: Gluten, Wheat, Soy, Dairy,
Fish, Preservatives, Artificial Flavors or Colors.

 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.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

The Vitamin Shoppe's Cal-Mag Powder contains calcium
and magnesium in a 2:1 ratio, the most commonly
recommended ratio of these minerals for absorption. It's
great for a bedtime drink, to relax after a stressful day or
before and after exercise to support bone health.

Item No. VS-1759

1542711



DIRECTIONS: As a dietary supplement, add 1 heaping teaspoon
(6.7 grams) in 8 oz. of your favorite beverage or water once per
day.

WARNING: Consult your healthcare provider prior to use if you
are pregnant, nursing, taking any medication or have any medical
conditions. Magnesium can act as a natural laxative. If diarrhea
occurs, reduce dosage or discontinue use.

Distributed by:
Vitamin Shoppe, Inc.
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Visit www.vitaminshoppe.com
or call 1-800-223-1216
for more information
and to reorder.



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