

Directions: Take two capsules 2–3 times per day with a meal or as directed by your healthcare practitioner.

Mag-Cal Citrate™ plays key roles in the activation of amino acids for protein biosynthesis and is highly concentrated in intracellular fluid and bone.* It is essential for energy production and metabolism.* Magnesium Citrate supports normal muscle contraction and relaxation responses during rest or vigorous activity.* It may also help in the prevention of nocturnal leg muscle cramps and support healthy bone structure.*

***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: Keep out of reach of children.

Storage: Keep tightly closed in a cool, dry place.

This Formula Meets or Exceeds cGMP Quality Standards.

Does Not Contain: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.



PROFESSIONAL QUALITY FORMULAS

Mag-Cal Citrate™

**200 mg of Magnesium
200 mg of Calcium**

**120 Vegetable Capsules
DIETARY SUPPLEMENT**



Supplement Facts

Serving Size 2 Capsules

Servings Per Container 60

Amount Per Serving		% Daily Value
Calcium	200 mg	15%
(as calcium citrate and calcium oxide)		
Magnesium	200 mg	48%
(as magnesium citrate and magnesium oxide)		

Other Ingredients: Hydroxypropyl methylcellulose (vegetable capsule), microcrystalline cellulose, L-leucine, bamboo silica.

Manufactured for: **NuMedica® LLC**

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GF Gluten-Free

v30.0D-10000NM113