



# chelated cal-mag

2:1 calcium | magnesium ratio

mineral  
300 tablets  
dietary supplement

bones<sup>v</sup>  
teeth<sup>v</sup>

gluten  
free

dairy  
free

soy  
free

nut  
free

actual size



## Supplement Facts

Serving Size 1 Tablet

|                                               | Amount<br>Per Serving | % Daily<br>Value |
|-----------------------------------------------|-----------------------|------------------|
| Calcium<br>(as carbonate, amino acid chelate) | 500 mg                | 50%              |
| Magnesium<br>(as oxide, amino acid chelate)   | 250 mg                | 62%              |

**Other ingredients:** Microcrystalline cellulose, croscarmellose sodium, magnesium stearate, silicon dioxide, stearic acid, aqueous coating (purified water, hydroxypropyl methylcellulose, polyethylene glycol, titanium dioxide).

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

**⚠ 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.**

**DIRECTIONS:** As a dietary supplement, take one (1) tablet up to three (3) times daily, preferably with meals.

**WARNING:** Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

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

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

**Distributed by:**  
**Vitamin Shoppe, Inc.**  
Secaucus, NJ 07094  
Visit [www.vitaminshoppe.com](http://www.vitaminshoppe.com)  
or call 1-800-223-1216  
for more information  
and to reorder.



Item No.  
VS-1118  
1038064

