

Learn about our seals:
megafood.com/standards

*Made without milk, eggs, peanuts, tree nuts, soy, wheat, fish, shellfish and sesame.



†This statement has not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.

MegaFood®

Calcium & Magnesium

Helps maintain bone & muscle health†

60 TABLETS / 20 SERVINGS DIETARY SUPPLEMENT



Suggested Use: Adults take 3 tablets daily with a beverage.
May be taken any time of day, even on an empty stomach.

Supplement Facts

Serving size 3 tablets Servings per container 20

Amount per serving	% DV
Calcium (as fermented calcium bisglycinate) 150 mg	11%
Magnesium (as fermented magnesium bisglycinate) 75 mg	18%
Herb Blend 90 mg	**
Organic Nettle Leaf, Organic Dandelion Root, Organic Parsley Leaf	
** % Daily Value (DV) not established	

Other Ingredients: Ferment media (organic brown rice, rice protein, autolyzed yeast extract, yeast [inactive]), stearic acid, silicon dioxide, hypromellose, potassium glycinate.

MADE BY MEGAFOOD, PO BOX 5244, MANCHESTER, NH 03108 USA
MEGAFOOD.COM • 800.848.2542

Calcium helps support strong bones and magnesium supports muscle relaxation, nerve, heart and bone health.†

Satisfaction guaranteed or your money back.

We believe the most nutritious food comes from healthy soil. Our goal is to partner with farmers who share our commitment to regenerative agriculture, working to nourish the soil for quality ingredients that make for premium supplements.

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Keep out of reach of children. Store tightly sealed in a cool place and avoid exposure to moisture. Once open, consume within three months.

Do not use if seal under cap is broken or missing.



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