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MegaFood
Fresh From Farm To Tablet™

Calcium & Magnesium

Helps Maintain Bone
& Muscle Health*



90
TABLETS
45
SERVINGS

MULTIMINERAL
DIETARY SUPPLEMENT

Suggested Use: 2 tablets daily with a beverage. May be taken anytime throughout the day, even on an empty stomach.

Supplement Facts

Serving Size 2 Tablets Servings per Container 45

Amount per Serving	% DV
Calcium (as fermented calcium bisglycinate) 100 mg	8%
Magnesium (as fermented magnesium bisglycinate) 50 mg	12%
Organic Trace Mineral Blend 60 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

MegaFood Calcium & Magnesium provides minerals essential to support healthy bones, muscles, cardiovascular health and normal blood pressure.*

This MegaFood product is made with real food, wholesome nutritional yeast, herbs, and added nutrients. Satisfaction guaranteed or your money back.

We believe that the most nutritious food comes from healthy soils and valued farmers. Our goal is to work with farmers who share our commitment to organic and regenerative agriculture. megafood.com/farmers

*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.

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



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