

Suggested Usage: Take 2 tablets daily. Can be taken in divided doses.

NOW® Calcium & Magnesium combines two essential minerals that work together to maintain several critical physiological processes.* They are both necessary for normal neural, muscular, and blood vessel function, as well as for the maintenance of proper bodily fluid balance.* Calcium and magnesium also support the formation and maintenance of a healthy skeleton.*

*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: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. Natural color variation may occur in this product.

Store in a cool, dry place after opening.

TABLET SIZE

CODE 1272F V9



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Calcium & Magnesium

Supports Bone Health*

High in Calcium & Magnesium
2:1 Ratio

250 Tablets

A Dietary Supplement Vegetarian/Vegan



Minerals

Family owned since 1968.

Supplement Facts

Serving Size 2 Tablets

Servings Per Container 125

	Amount Per Serving	% Daily Value
Calcium (elemental) (from 2,775 mg complex of Calcium Carbonate, Calcium Citrate, Calcium Ascorbate)	1 g (1,000 mg)	77%
Magnesium (elemental) (from 928 mg complex of Magnesium Oxide, Magnesium Citrate, Magnesium Ascorbate)	500 mg	119%

Other ingredients: Microcrystalline Cellulose, Silicon Dioxide, Vegetarian Coating, Croscarmellose Sodium, Hydroxypropyl Cellulose and Stearic Acid (vegetable source).

NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108, USA nowfoods.com

Made and quality tested in the USA with globally sourced ingredients.

Not manufactured with wheat, gluten, soy, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

