

swanson.com
or call 1-800-437-4148

- Highly concentrated formula in a bioavailable softgel
- Helps maintain cardiovascular health, healthy blood pressure and glucose levels**

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take two softgels two times per day with food and water.

WARNING: For adults only. Consult your healthcare provider before using this or any product if you are pregnant or nursing, taking medication or have a medical condition.

Keep out of reach of children. Do not use if seal is broken. Store in a cool, dry place. Do not refrigerate.

**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.



SWANSON[®]

Liquid Calcium & Magnesium

Strong, Healthy Bones**

2:1 CALCIUM TO MAGNESIUM RATIO

MINERAL SUPPLEMENT | 100 SOFTGELS

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 50

Amount Per Serving	% Daily Value	
Calories	20	
Total Fat	1.5 g	2%*
Calcium (from calcium carbonate)	600 mg	46%
Magnesium (from magnesium oxide)	300 mg	71%

*Percent Daily Values are based on a 2,000 calorie diet.

Other ingredients: Soybean oil, softgel (gelatin, glycerin, purified water, sodium copper chlorophyllin), soy lecithin, yellow beeswax.

Contains soy.

Contains a bioengineered food ingredient.

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