



Complete Calcium & Magnesium 1:1

Calcium to Magnesium Ratio

A premium blend with ConcenTrace®, boron, vitamins C & D, and selected botanicals.

Certified Vegetarian

120 tablets • DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 4 Tablets
Servings Per Container: 30

Amount Per Serving	%DV
Calories	10
Total Carbohydrate	2 g 1%*
Dietary Fiber	1 g 4%*
Vitamin C (as Ascorbic Acid)	60 mg 100%
Vitamin D (as Cholecalciferol)	400 IU 100%
Calcium (as Cal. Carbonate, Cal. Citrate, Cal. Malate)	500 mg 50%
Magnesium (from Mag. Oxide, Mag. Citrate, ConcenTrace®)	500 mg 125%
Chloride (from ConcenTrace®, Pot. & Sodium Chloride)	570 mg 17%
Sodium (from Sodium Chloride, ConcenTrace®)	25 mg 1%
Potassium (from Potassium Chloride)	140 mg 4%
Low-Sodium ConcenTrace®	990 mg †
A complex of over 72 ionic trace minerals from Utah's inland sea, the Great Salt Lake.	
Herbal Blend and Food Base	700 mg †
Alfalfa Leaf, Wheatgrass (Whole), Horsetail (whole and concentrate), Watercress (Whole), Strawberry leaf, Grapefruit concentrate.	
Sulfate (from ConcenTrace®, Calcium Sulfate)	75 mg †
Boron (as Boron Citrate)	4.5 mg †

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

† Daily Value (DV) not established.

Other Ingredients: Stearic acid, microcrystalline cellulose, croscarmellose sodium, magnesium stearate, and silicon dioxide.

Allergen Info: contains gluten.

Suggested Use: take 4 tablets daily with food.

Also includes over 72 ionic trace minerals from seawater. ConcenTrace® is a trade name for concentrated sea minerals from the Great Salt Lake.

Feel the Difference or Your Money Back!



American Vegetarian Association

Trace Minerals Research
P.O. Box 429 • Roy, Utah 84067
801.731.6051 • Made in the USA
www.traceminerals.com

Complete Calcium and Magnesium 1:1 contains only the finest quality ingredients. A unique blend of calcium citrate, calcium malate, and a specially precipitated calcium carbonate was selected for maximum absorption.† Combined with magnesium, nutritional enhancers, including vitamin C & D, boron, potassium, grapefruit, and horsetail to increase the overall effectiveness as a dietary supplement, this product helps to support healthy bones & joints.‡



‡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.

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