



Calcium & Magnesium

SUPPORTS BONE HEALTH*

Citrate Powder with Vitamin D₃

- 1:1 Mineral Ratio
 - Enhanced Mixability
- Net Wt. 8 oz. (227 g)**

A Dietary Supplement



Supplement Facts

Serving Size 1 ¼ Level Teaspoons (4.5 g)

Servings Per Container about 50

	Amount Per Serving	% Daily Value
Vitamin D ₃ (as Cholecalciferol)	200 IU	50%
Calcium (from Calcium Citrate)	400 mg	40%
Magnesium (from Magnesium Citrate)	400 mg	100%

Other ingredients: None.

NOW FOODS

395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA

www.nowfoods.com

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

This product is sold by weight not volume.

Store in a cool, dry place after opening. Please Recycle.

*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.

SUGGESTED USAGE: As a dietary supplement, mix 1 ¼ level teaspoons (4.5 g) of powder into at least 8 oz. of juice or water. Take once daily with a meal. Pure Calcium and Magnesium Citrate Powders can increase the temperature of liquids upon contact; therefore, the recommended serving MUST be mixed into at least 8 oz. of liquid to neutralize this reaction prior to ingestion.

NOW® Calcium & Magnesium Citrate Powder with Vitamin D₃ is an optimal bone structure support formula designed by NOW's certified nutritionists. It contains key nutrients that play essential roles in bone metabolism. The citrate forms of calcium and magnesium are highly absorbable and support not only strong bones and teeth but muscle and nerve function as well. Vitamin D₃ is included for its synergism with calcium and magnesium and its role in the maintenance of mineral homeostasis and bone structure.*

Caution: This product must be dissolved into at least 8 oz. of liquid before consuming. For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.



CODE 1243

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