

 *Health & longevity through the healing power of nature—that's what it means to Trust the Leaf.®*



Calcium & Magnesium are essential minerals for healthy bones, teeth and muscles—providing the mechanism for contraction and relaxation.* Both include an advanced chelate complex for optimal absorption.

Questions? Call 1-800-9NATURE or visit naturesway.com. Our Calcium & Magnesium are carefully tested and produced to certified quality standards.

SATISFACTION GUARANTEED. Freshness & safety sealed with printed outer shrinkwrap and printed inner seal. Do not use if either seal is broken or missing. Keep out of reach of children.



*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

PREMIUM



QUALITY

Calcium & Magnesium

MINERAL COMPLEX



BONES & MUSCLES*

100 Capsules / **Certified Potency**

DIETARY SUPPLEMENT

Recommendation: Take 3 capsules twice daily, preferably with food.

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 33

Amount Per Serving		% Daily Value
Total Carbohydrate	1 g	<1%†
Dietary Fiber	less than 1 gram	3%†
Calcium	500 mg	50%
(as Calcium carbonate/citrate/malate)		
Magnesium	250 mg	63%
(as Magnesium oxide/citrate/aspartate)		
Sodium	5 mg	<1%

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

Other ingredients: Cellulose, Gelatin (capsule), Magnesium stearate

Nature's Way Calcium & Magnesium contains no artificial ingredients, preservatives, yeast, milk, lactose, wheat, sugar, soy or corn.

Actual Capsule Size

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