



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	2g 1%*
Dietary Fiber	1g 4%*
Vitamin C (as Ascorbic Acid)	60mg 100%
Vitamin D (as Cholecalciferol)	400IU 100%
Calcium (as Cal. Carbonate, Cal. Citrate, Cal. Malate)	500mg 50%
Iron	0.75mg 4%
Magnesium (from Mag. Oxide, Mag. Citrate, ConcenTrace®)	500mg 125%
Chloride (from ConcenTrace®, Pot. & Sodium Chloride)	570mg 17%
Sodium (from Sodium Chloride, ConcenTrace®)	20mg 1%
Potassium (from Potassium Chloride)	140mg 4%
Low-Sodium ConcenTrace®	990mg †
A complex of over 72 naturally occurring ionic trace minerals from the Great Salt Lake.	
Herbal Blend and Food Base	700mg †
Alfalfa Leaf, Wheatgrass (Whole), Horsetail (whole and concentrate), Walerness (Whole), Strawberry leaf, Grapefruit concentrate.	
Sulfate (from ConcenTrace®, Calcium Sulfate)	50mg †
Boron (as Boron Citrate)	4mg †

* 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 naturally occurring ionic trace minerals from seawater. ConcenTrace® is a trade name for concentrated sea minerals from the Great Salt Lake.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

† 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.

Complete Calcium and Magnesium 1:1 is a dietary supplement formulated with only the finest quality ingredients to help maintain healthy bones and joints.¹ We selected a unique blend of calcium citrate, calcium malate, and a specially precipitated calcium carbonate for maximum absorption.¹ To increase its overall effectiveness, we added magnesium, boron, potassium and nutritional enhancers like vitamins C & D, grapefruit, and horsetail.¹

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American Vegetarian Association

LOT #/ BEST BY DATE

