

Calcium provides the building blocks that help keep bones and teeth strong and healthy. It also supports the health of the colon, heart, musculo-skeletal and nervous systems. Magnesium helps to regulate calcium transport and stimulates the secretion of calcitonin, a hormone that aids in the influx of calcium into bone. Magnesium also works with ATP to produce the energy needed for most reactions in the body. It plays an important role in protein formation and healthy muscle function. Vitamin D is required to promote calcium absorption, which helps to maintain healthy bones and teeth. Vitamin D also supports a healthy immune system and the health of various tissues including breast, colon and prostate tissue. It may support muscle strength in older adults. This formulation provides natural Vitamin D3 for daily supplementation.*

When combined with a healthy diet and physical activity, calcium may reduce the risk of osteoporosis.

Carefully Manufactured by:
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SOLGB70518 00B



CALCIUM MAGNESIUM WITH VITAMIN D 3

HIGHLY ABSORBABLE
CALCIUM CITRATE FORM
PROMOTES HEALTHY BONES*
SUPPORTS NERVE & MUSCLE FUNCTION*
PROMOTES COLON HEALTH*

GLUTEN, WHEAT & DAIRY FREE

300 TABLETS

DIETARY SUPPLEMENT



Supplement Facts

Serving Size: 5 Tablets
Servings per Container: 60

Amount Per Serving		%DV
Calories	15	
Total Carbohydrate	3 g	1%**
Dietary Fiber	1 g	4%**
Vitamin D3 (as cholecalciferol)	400 IU	100%
Calcium (as calcium citrate)	1000 mg	100%
Magnesium (as magnesium oxide, magnesium citrate)	500 mg	125%

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

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Stearic Acid, Vegetable Magnesium Stearate, Titanium Dioxide, Vegetable Glycerin.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener and Preservatives.

SUGGESTED USE: As a dietary supplement for adults, take five (5) tablets daily, preferably, with a meal. May be distributed throughout the day, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children. Store in a cool, dry place. Do not use if outer bottle seal is missing, torn or damaged in any way.

Solgar's KOF-K certification #K-1250

*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.

