

Calcium provides the building blocks that help keep bones and teeth strong and healthy. It also supports the health of the colon, heart, musculoskeletal 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. It plays an important role in protein formation and healthy muscle function. This formulation contains the highly absorbable citrate form of calcium.*

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

Carefully Manufactured by:
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CALCIUM MAGNESIUM CITRATE

DISSOLVES RAPIDLY
HIGHLY ABSORBABLE
CALCIUM CITRATE FORM

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS



250 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 5 Tablets

Servings Per Container: 50

Amount Per Serving		%DV
Calories	10	
Total Carbohydrate	3 g	1%**
Calcium (as calcium citrate)	1000 mg	100%
Magnesium (as magnesium oxide, 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, 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.

