

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



100 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 5 Tablets

Servings Per Container: 20

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.

