

Calcium provides the building blocks that help keep bones and teeth strong and healthy. It also supports the health of the heart, musculoskeletal and nervous systems. Magnesium helps to regulate calcium transport and aids in the influx of calcium into bone. Magnesium also works with ATP to produce the energy needed for many reactions in the body. It plays an important role in protein formation and healthy muscle function.*

Adequate Calcium throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis.

Carefully Manufactured by:
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CALCIUM MAGNESIUM

PROMOTES BONE & MUSCLE HEALTH*

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS



250 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 3 Tablets

Servings Per Container: 83

Amount Per Serving		%DV
Calcium	1000 mg	100%
(as calcium carbonate, calcium citrate, calcium gluconate)		
Magnesium	400 mg	100%
(as magnesium oxide, magnesium citrate, magnesium gluconate)		

DV= Daily Value

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

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

SUGGESTED USE: As a dietary supplement for adults, take three (3) tablets daily, preferably with a meal, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

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.

