

Calcium provides the building blocks that help keep bones and teeth strong and healthy.* It also supports the health of 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 also contains Zinc, a trace mineral that plays a role in the synthesis of collagen in bone tissue.*

Adequate Calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life.

Carefully Manufactured by:
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SOLGB70521 02B



CALCIUM MAGNESIUM PLUS ZINC

PROMOTES HEALTHY BONES*
SUPPORTS NERVE & MUSCLE FUNCTION*



GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS



100 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 3 Tablets

Servings Per Container: 33

Amount Per Serving		%DV
Calcium	1000 mg	100%
(as calcium carbonate, calcium gluconate, calcium citrate)		
Magnesium	400 mg	100%
(as magnesium oxide, magnesium gluconate, magnesium citrate)		
Zinc (as zinc gluconate)	15 mg	100%

DV = Daily Value

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

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 with a meal. May be distributed throughout the day, 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.

