

Calcium provides the building blocks that help keep bones and teeth strong and healthy. It also supports the health of the 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. Magnesium also works with ATP to release the energy needed for most reactions in the body. This formulation offers multiple forms of calcium and magnesium providing a 1:1 calcium to magnesium ratio.*

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

† U.S. Patent No.'s 6,706,904 and 6,716,814 licensed by Albion International, Inc.

†† Naturally occurring.

Carefully Manufactured by:
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CHELATED CALCIUM MAGNESIUM 1:1

PROMOTES HEALTHY BONES*
SUPPORTS NERVE & MUSCLE FUNCTION*

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS

240 TABLETS

DIETARY SUPPLEMENT



Supplement Facts

Serving Size: 4 Tablets

Servings Per Container: 60

Amount Per Serving		%DV
Calcium	500 mg	50%
(as carbonate, glycinate, citrate)†		
Magnesium	500 mg	125%
(as oxide, glycinate, citrate)†		
Sodium††	10 mg	<1%
Daily Value = DV		

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

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

SUGGESTED USE: As a dietary supplement for adults, take four (4) 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 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.

