

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. Magnesium also works with ATP to produce the energy needed for most reactions in the body. It plays an important role in protein formation and healthy muscle function. Vitamin D is required to promote calcium absorption, which helps to maintain healthy bones and teeth. Vitamin D also supports a healthy immune system and the health of various tissues including breast, colon and prostate tissue. It may support muscle strength in older adults. This formulation provides Calcium, Magnesium and natural Vitamin D3 in a delicious and easy to absorb liquid form for daily supplementation.*

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

Carefully Manufactured for:
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LIQUID

CALCIUM • MAGNESIUM CITRATE

WITH VITAMIN D3

Delicious, Easy to
Absorb Formulation

May Reduce the
Risk of Osteoporosis†



GLUTEN, WHEAT & DAIRY FREE



NATURAL BLUEBERRY FLAVOR

DIETARY SUPPLEMENT 16 FL.OZ.(473 ml)

Supplement Facts

Serving Size: 2 Tablespoons (1 fl. oz.)(30 ml)

Servings Per Container: 16

Amount Per Serving	%DV
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Calories	40
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Total Carbohydrate	4 g	1%**
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Sugars	3 g	***
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Vitamin D3 (as cholecalciferol)	1000 IU	250%
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Calcium (as calcium citrate)	1200 mg	120%
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Magnesium (as magnesium citrate)	600 mg	150%
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**Percent Daily Values (DV) are
based on a 2,000 calorie diet

***Daily Value (DV) not established

Other Ingredients: Filtered Water, Fructose,
Citric Acid, Natural Flavors, Xanthan
Gum, Carrageenan.

SUGGESTED USE: SHAKE WELL
before use. As a dietary supple-
ment for adults, take two (2)
tablespoons (1 fl. oz.)(30 ml) daily,
with meals, or as directed by a
healthcare practitioner.

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

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 neck seal is missing, torn
or damaged in any way. **Refrigerate
after opening.**

*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.

Solgar's KOF-K certification #K-1250

