

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 nerve and muscle function. Calcium provides the building blocks that help keep bones and teeth strong and healthy. This formulation offers multiple forms of magnesium and calcium providing a 2:1 magnesium to calcium ratio.*

Carefully Manufactured by:
Solgar, Inc.

500 Willow Tree Road
Leonia, NJ 07605 U.S.A.

For more information, call toll-free
1-877-SOLGAR 4
www.solgar.com

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CHELATED MAGNESIUM CALCIUM 2:1

PROMOTES HEALTHY BONES*
SUPPORTS NERVE & MUSCLE FUNCTION*

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS



90 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 3 Tablets

Servings Per Container: 30

Amount Per Serving		%DV
Calcium	300 mg	30%
(as carbonate, glycinate†, citrate†)		
Magnesium	600 mg	150%
(as oxide, citrate†, glycinate†)		

DV = Daily Value

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

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

SUGGESTED USE: As a dietary supplement for adults, take three (3) tablets daily, preferably at mealtime. 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.

† Fully reacted chelates, Albion International Inc., U.S. patent No.'s. 5,516,925 and 6,716,814

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.

