

# the Vitamin Shoppe Calcium Citrate + Magnesium 300 Capsules

## Product Label

Contains the well-absorbed calcium citrate plus the essential bone building mineral magnesium in the preferred two-to-one ratio.

## About this product

Contains the well-absorbed calcium citrate plus the essential bone building mineral magnesium in the preferred two-to-one ratio.

## Directions

As a dietary supplement, take two (2) capsules three times daily, preferably two (2) with each meal.

## Warning

Keep out of reach of children.

## Does Not Contain:

Yeast, corn, wheat, sugar, salt, soy, starch, dairy, citrus, fish, preservatives, artificial colors or flavors added.

## Calcium Citrate + Magnesium Supplement Facts

### Supplement Facts

**Serving Size** 2 CAPSULES

**Servings Per Container** 150

	Amount Per Serving	% Daily Value
Calcium(As Calcium Citrate)	333 Mg	33%
Magnesium(As Aspartate, Citrate Oxide)	189 Mg	47%

\* Daily value not established

### Other Ingredients:

Gelatin, water, magnesium stearate.

