

Suggested Usage: Mix 1 ¼ level teaspoons of powder into at least 8 oz. of cold water or clear liquid. Take once daily with a meal. Pure Calcium and Magnesium Citrate Powders can increase the temperature of liquids upon contact; therefore, the recommended serving **MUST** be mixed into at least 8 oz. of cold liquid to neutralize this reaction prior to ingestion.

NOW® Calcium & Magnesium Citrate Powder with Vitamin D₃ is an optimal bone structure support formula designed by NOW's certified nutritionists.* It contains key nutrients that play essential roles in bone metabolism.* The citrate forms of Calcium and Magnesium are highly absorbable and support not only strong bones and teeth but muscle and nerve function as well.* Vitamin D₃ is included to complement Calcium and Magnesium and its role in the maintenance of mineral homeostasis and bone structure.*

*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.

Caution: This product must be dissolved into at least 8 oz. of cold water or clear liquid before consuming. Do not breathe powder and avoid contact with skin, eyes, and clothing. For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

CODE 1243 v5



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Calcium & Magnesium

Citrate Powder with Vitamin D₃

Supports Bone Health*

- 1:1 Mineral Ratio
- Enhanced Mixability

Net Wt. 8 oz. (227 g)

A Dietary Supplement



Minerals

Family owned since 1968.

Supplement Facts

Serving Size 1 ¼ Level Teaspoons (approx. 4.5 g)
Servings Per Container about 50

	Amount Per Serving	% Daily Value
Vitamin D ₃ (as Cholecalciferol)	200 IU	50%
Calcium (from Calcium Citrate)	400 mg	40%
Magnesium (from Magnesium Citrate)	400 mg	100%

Other ingredients: None.

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

Not manufactured with wheat, gluten, soy, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Natural color variation may occur in this product.

This product is sold by weight not volume.

Store in a cool, dry place after opening.

Please Recycle.

