

Minerals play many important roles in supporting overall health. Our **Cal Mag 1:1** vegetarian caps help maintain bone density, muscle and nerve health. This optimal ratio of minerals contains specially formulated citrate forms of both calcium and magnesium, which have better absorption than other forms. Vitamin D3 has been added to enhance the body's calcium absorption and utilization, and our product is formulated in a green food base.

Over time, calcium deficiency results in weakened bone structure, increasing the risk of fractures and compromising bone health. The average diet lacks proper magnesium, which maintains normal nerve and muscle function. Supplementing with one serving of Cal Mag 1:1 helps meet the RDA for these essential nutrients.†

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0006

† 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.

Optimal Ratio • Maximum Absorption
CAL-MAG 1:1
with Vitamin D3

In a Food Base 

Helps Maintain Bone Density,
Muscle, and Nerve Health†

Dietary Supplement
90 VEGETARIAN CAPSULES



Supplement Facts

Serving Size 3 Capsules

Servings Per Container 30

Amount Per Serving	% Daily Value	
Vitamin D3 (as cholecalciferol)	200 IU	50%
Calcium (from citrate)	375 mg	40%
Magnesium (from oxide, citrate)	375 mg	90%

Other Ingredients: Cellulose (vegetable capsule), silica, Watercress (*Nasturium officinale*; leaf), Parsley (*Petroselinum crispum*; leaves), Alfalfa (*Medicago sativa*; aerial parts), magnesium stearate (vegetable source).

SUGGESTED USE: Take up to three capsules daily.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish.

KEEP OUT OF REACH OF CHILDREN.

VCL 690-90C

