

SUGGESTED USE

As a dietary supplement, take 3-6 capsules daily or as directed by a health professional.

Some research indicates that Calcium Bis-Glycinate is the most absorbable form of Calcium. Tests show that this form of Calcium is 205 times more soluble than Calcium Citrate. In human studies, Calcium Bis-Glycinate was shown to be 1.8 times (180%) more absorbable than Calcium Citrate and 21% better than Calcium Citrate Malate.**

Manufactured/Distributed in U.S.A. by:
Oregon Health, Inc. • Phoenix, AZ 85027
1-800-218-6979 • 623-516-2182 • Fax 623-516-2285
www.oregon-health.com

***Digeseb®Plus** is a proprietary blend of acid stable plant based enzymes supplying (Amylase, Protease I, Protease II, Lipase and Cellulase) for enhanced bioavailability.

Digeseb®Plus is a registered trademark of Specialty Enzymes & Biochemicals.

Keep Out Of Reach Of Children • Store In A Cool Dry Place

Oregon Health

CAL/MAG

Calcium Bis-Glycinate
Magnesium Aspartate



A Dietary Supplement

180 CAPSULES

Supplement Facts

Serving Size: 6 capsules

Servings Per Container: 30

Amount per Serving		%DV
Calcium (as Calcium Bis-Glycinate)	1000 mg	100%
equivalent to 1820 mg of elemental calcium citrate		
Magnesium (as Magnesium Aspartate)	500 mg	125%
Vitamin D (as Ergocalciferol)	200 IU	50%

Other Ingredients: Digeseb®Plus Delivery System* and Rice Flour in Gelatin Capsule.

Does not contain any dairy, egg, sugar, corn, yeast, wheat, soy, glutens, artificial colors, flavors or preservatives.

****These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.**