

Calcium Magnesium Citrate

Equal amounts of calcium and magnesium, in the citrate form.

Suggested Use

As a dietary supplement, 1 capsule one to three times daily between meals, or as directed by a healthcare practitioner.

Contraindicated with use of aluminum containing drugs.

This nutrient is of the highest quality and purity obtainable, and does not contain preservatives, diluents, or artificial additives



Calcium Magnesium Citrate



dietary supplement
HYPOALLERGENIC
100 vegetarian capsules

Supplement Facts		
Serving Size	1 Capsule	
Servings Per Container	100	
Amount Per Serving	% Daily Value*	
Calcium (as Calcium Citrate) 100 mg	10%	
Magnesium (as Magnesium Citrate)		
100 mg	25%	
* Percent Daily Value are based on a 2,000 calorie diet		

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, magnesium stearate, stearic acid.

Keep in a cool, dry place, tightly capped.

Formulated exclusively for Allergy Research Group®
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Rev. 008