



# calcium citrate & magnesium

well absorbed form of  
chelated calcium

mineral  
100 capsules  
dietary supplement

bones<sup>▼</sup>  
teeth<sup>▼</sup>

gluten  
free

dairy  
free

soy  
free

nut  
free

actual  
size

## Supplement Facts

Serving Size 2 Capsules

Servings Per Container: 50

	Amount Per Serving	% Daily Value
Calcium (as calcium citrate)	333 mg	33%
Magnesium (as magnesium oxide, magnesium aspartate and magnesium citrate)	189 mg	47%

\* Daily Value not established.

**Other ingredients:** Gelatin, magnesium stearate,  
silicon dioxide.

**Does not contain:** Yeast, Corn, Wheat, Gluten, Sugar,  
Salt, Soy, Starch, Dairy, Citrus, Fish, Preservatives,  
Artificial Colors or Flavors.

▼ 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.

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

**WARNING:** Consult your healthcare provider prior  
to use if you are pregnant, nursing, taking any  
medication or have any medical conditions.

STORE IN A COOL, DRY PLACE.  
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT  
Do not use if outer seal is broken or missing.

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