Recommended Adult Dose: Take one tablet three times daily with meals, a few hours before or after taking other medications, or as recommended by your healthcare practitioner. **Risk Information:** Some people may experience drowsiness; exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness within two hours of consumption. Some people may experience diarrhea. Consumption with alcohol, other medications or natural health products with sedative properties is not recommended. **Guaranteed** to contain no added wheat, yeast, gluten, soy, artificial coloring or flavoring or dairy products. **Quality Assurance:** Safety sealed for your protection and for product freshness. Do not use if outer seal is missing or broken. Store in a cool, dry place.

V2.0 **204**

BARCODE LOCATION
883196 10330

GENESTRA BRANDS

Mag Cal Plus

CALCIUM-MAGNESIUM SUPPLEMENT

90 Tablets

Supplement Facts

Serving Size 1 Tablet
Servings per Container 90

Each Tablet Contains		% DV
Vitamin D (cholecalciferol)	100 IU	25%
Niacin (niacinamide)	6.25 mg	31%
Vitamin B_6 (pyridoxine hydrochloride)	2.5 mg	125%
Calcium (calcium aspartate/ carbonate)	100 mg	10%
Magnesium (magnesium aspartate/ oxide)	150 mg	38%
Valerian (*Valeriana officinalis*) Root	30 mg	*

* Daily Value (DV) not established

Other ingredients: Cellulose, croscarmellose sodium, magnesium stearate, silica, hypromellose, glycerin

Seroyal
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