

 *Health through the power of nature,
that's what it means to Trust the Leaf.®*

Calcium & Magnesium are essential minerals for healthy bones, teeth and muscles—providing the mechanism for contraction and relaxation.* Both include an advanced complex for optimal absorption. Our Calcium & Magnesium are carefully tested and produced to superior quality standards.

Keep out of reach of children. Safety sealed with printed outer shrinkwrap and inner seal. Do not use if either is broken or missing.

GLUTEN FREE. No sugar, salt, yeast, wheat, corn, soy, dairy products, artificial colors, flavors or preservatives.

*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.



Calcium & Magnesium

Mineral Complex



DIETARY SUPPLEMENT

Recommendation: Take 3 capsules twice daily, preferably with food. If pregnant, nursing or taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 3 Capsules / Servings Per Container 83

Amount Per Serving	% DV	
Total Carbohydrate	<1 g	<1%†
Calcium (as calcium carbonate/citrate/malate)	500 mg	50%
Magnesium (as magnesium oxide/citrate/aspartate)	250 mg	63%

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

Other ingredients: gelatin (capsule), cellulose, magnesium stearate

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Questions? 1-800-9NATURE / naturesway.com

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