

Calcium provides the building blocks that help keep bones and teeth strong and healthy. It also supports the health of the heart, musculoskeletal system and nervous system. Magnesium helps to regulate calcium transport and stimulates the secretion of calcitonin, a hormone that aids in the influx of calcium into bone.

Magnesium also works with ATP to release the energy needed for most reactions in the body. It plays an important role in protein formation and healthy muscle function. This formulation also contains Boron, a trace mineral that helps facilitate calcium metabolism, which promotes bone health.*

Adequate Calcium throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis.

Carefully Manufactured by:
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SOLGB70516 02D



CALCIUM MAGNESIUM PLUS BORON

PROMOTES BONE HEALTH*
SUPPORTS NERVE & MUSCLE FUNCTION*

NON-GMO
GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGANS

250 TABLETS

DIETARY SUPPLEMENT



Supplement Facts

Serving Size: 3 Tablets

Servings Per Container: 83

Amount Per Serving		%DV
Calcium	1000 mg	77%
(as calcium carbonate, calcium gluconate, calcium citrate)		
Magnesium	400 mg	95%
(as magnesium oxide, magnesium citrate, magnesium gluconate)		
Sodium†	10 mg	<1%
Boron (as boron citrate)	3 mg	**

**Daily Value (DV) not established.

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Citric Acid, Vegetable Magnesium Stearate, Vegetable Glycerin, Titanium Dioxide Color, Vegetable Stearic Acid.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Artificial Flavor, Sweetener and Preservatives.

SUGGESTED USE: As a dietary supplement for adults, take three (3) tablets daily, preferably with a meal, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification #K-1250

† Naturally occurring; therefore amount may vary.

*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.

