

Suggested Usage: Shake well. Take 1 tablespoon 1 to 2 times daily. Can be taken undiluted, or mixed with water or juice.

SHAKE VIGOROUSLY BEFORE USE.

REFRIGERATE AFTER OPENING TO PRESERVE FLAVOR.

Calcium (Ca) and Magnesium (Mg) are minerals that are critical for normal bone and tooth formation.* Ca and Mg also serve as integral cofactors in numerous biochemical reactions.* In addition, Mg and Ca work together in several physiological systems involved in the maintenance of healthy cardiovascular function as well as in healthy muscle function.*

Vitamin D plays a central role in the regulation of Ca levels in the body, affecting its absorption, utilization, and excretion.* Although it is best known for its essential role in the formation and maintenance of healthy bones and teeth, it has been found to have numerous other biological functions.*

*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. Contains Xylitol, do not feed to pets. Please Recycle.

CODE 1269B V8



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Net 16 fl. oz. (473 mL)
A Dietary Supplement Vegetarian/Vegan



Xylitol
Sweetened

Liquid Cal-Mag

Supports Bone Health*

- Superior Citrate Forms
- With Vitamin D-2

Blueberry Flavor

Minerals

Family owned since 1968.

Supplement Facts

Serving Size 1 Tablespoon (approx. 15 mL)
Servings Per Container about 32

	Amount Per Serving	% Daily Value
Calories	40	
Total Carbohydrate	9 g	3%*
Xylitol	2 g	†
Vitamin D ₂ (as Ergocalciferol)	400 IU	100%
Calcium (from Calcium Citrate)	500 mg	50%
Magnesium (from Magnesium Citrate)	250 mg	63%

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other ingredients: De-ionized Water, Vegetable Glycerin, Malic Acid, Xanthan Gum, Potassium Sorbate (as preservative), Natural Blueberry Flavor and Grape Skin Extract.

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomingdale, IL 60108, USA nowfoods.com

Not manufactured with wheat, gluten, soy, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Note: This is a thick liquid due to the concentrated levels of the superior Calcium and Magnesium Citrate forms.

Natural color variation may occur in this product.

