

USAGE: Take 3 to 6 tablets per day with meals, preferably dividing the number of tablets equally between each meal to facilitate maximum absorption, or as directed by your qualified health care consultant. **Easy-Solv®** tablets are designed to disintegrate within several minutes of ingestion.

NOTE: If you have a medical condition, are pregnant, lactating, or trying to conceive, are under the age of 18, or are taking medications, consult your health care practitioner before using this product.

Vitamin D is essential for intestinal calcium and phosphorous absorption.* Ergocalciferol is a vegetarian form of vitamin D.*

Magnesium works with **calcium** and other minerals in bone formation.* Moreover, it is involved in over 300 enzymatic reactions, including in energy (ATP) production, as well as cardiac and smooth muscle contractions.*

HEALTH CLAIM: Adequate calcium and vitamin D as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis later in life.

Keep out of the reach of children.

* 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.

Lot #. Best Used Before:

Jarrow FORMULAS®

CalMag

CITRATES/MALATES

Now with
MALATES

Vegan Formula

**Calcium & Magnesium Citrates
and Malates + Vitamin D**

**Promotes Bone
and Cardiovascular Health***

90 Easy-Solv® Tablets
Dietary Supplement

**EASY-
SOLV®**

Supplement Facts

Serving Size 3 Tablets Servings Per Container 30

	Amount Per 3 Tablets	% DV*
Vitamin D ₂ (ergocalciferol)	500 IU	125%
Calcium (as calcium citrate/malate)	500 mg	50%
Magnesium (as magnesium citrate/malate)	250 mg	63%

* Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Cellulose, magnesium stearate (vegetable source), silicon dioxide and stearic acid (vegetable source).

Contains fully reacted mineral citrates manufactured in USA.

No wheat, no gluten,
no soybeans, no dairy,
no egg, no fish/shellfish,
no peanuts/tree nuts.

Distributed Exclusively by:

Jarrow FORMULAS®

Superior Nutrition and FormulationSM

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0510CALMAG
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