

Suggested Usage: Mix 1 1/2 level teaspoons of powder into at least 8 oz. of cold water or clear liquid. Take once daily with a meal. Pure Calcium and Magnesium Citrate Powders can increase the temperature of liquids upon contact; therefore, the recommended serving **MUST** be mixed into at least 8 oz. of cold liquid to neutralize this reaction prior to ingestion.

NOW® Calcium & Magnesium Citrate Powder with Vitamin D₃ is an optimal bone structure support formula designed by NOW's certified nutritionists.* It contains key nutrients that play essential roles in bone metabolism.* The citrate forms of Calcium and Magnesium are highly absorbable and support not only strong bones and teeth but muscle and nerve function as well.* Vitamin D₃ is included to complement Calcium and Magnesium and its role in the maintenance of mineral homeostasis and bone structure.*

*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: This product must be dissolved into at least 8 oz. of cold water or clear liquid before consuming. Do not breathe powder and avoid contact with skin, eyes, and clothing. For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

CODE 1243B

V6



2



Calcium & Magnesium

Citrate Powder with Vitamin D₃

Supports Bone Health*

- 1:1 Mineral Ratio
- Enhanced Mixability

NET WT. 8 OZ. (227 g)

A Dietary Supplement



Minerals

Family owned since 1968.

Supplement Facts

Serving Size 1 1/2 Level Teaspoons (approx. 5 g)
Servings Per Container about 45

	Amount Per Serving	% Daily Value
Vitamin D ₃ (as Cholecalciferol)	5 mcg (200 IU)	25%
Calcium (from Calcium Citrate)	400 mg	31%
Magnesium (from Magnesium Citrate)	400 mg	95%

Other ingredients: None.

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, 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.

The Calcium Citrate and Magnesium Citrate are fully reacted mineral supplements.

Natural color variation may occur in this product.

This product is sold by weight not volume.

Store in a cool, dry place after opening.

