

Calcium Magnesium Citrate

Equal amounts of calcium and magnesium, in the citrate form.

Suggested Use

As a dietary supplement, 1 capsule one to three times daily between meals, or as directed by a healthcare practitioner.

Contraindicated with use of aluminum containing drugs.



AllergyResearchGroup®

Calcium Magnesium Citrate



dietary supplement
HYPOALLERGENIC
100 vegetarian capsules

Supplement Facts

Serving Size	1 Capsule
Servings Per Container	100

Amount Per Serving	% Daily Value*
Calcium (as Calcium Citrate) 100 mg	10%
Magnesium (as Magnesium Citrate) 100 mg	25%

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

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, magnesium stearate, stearic acid.

Keep in a cool, dry place, tightly capped.

Formulated exclusively for Allergy Research Group®
Alameda, CA 94502 www.allergyresearchgroup.com
Phone: 510.263.2000

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