

Calcium provides the building blocks that help keep bones and teeth strong and healthy. It also supports the musculoskeletal and nervous systems, and involved with heartbeat regulation. Magnesium helps to regulate calcium transport and stimulates the secretion of calcitonin, a hormone that aids in the influx of calcium into bone. It plays an important role in protein formation and healthy muscle function. This formulation contains the highly absorbable citrate form of calcium.*

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

Carefully Manufactured by:

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CALCIUM MAGNESIUM CITRATE

HIGHLY ABSORBABLE
CALCIUM CITRATE FORM

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



100 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 5 Tablets

Servings Per Container: 20

Amount Per Serving		%DV
Calcium	1000 mg	100%
(as calcium citrate)		
Magnesium	500 mg	125%
(as magnesium oxide, citrate)		

DV=Daily Value

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Stearic Acid, Vegetable Magnesium Stearate, Vegetable Glycerin, Titanium Dioxide (color).

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

SUGGESTED USE: As a dietary supplement for adults, take five (5) tablets daily, preferably with a meal. May be distributed throughout the day, 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

*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.

