

TWINLAB®

CALCIUM CITRATE CAPS

Easily Digested • Quick Acting
DIETARY SUPPLEMENT

150 Capsules

Plus Magnesium

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 75

Amount Per 2 Capsules	% Daily Value
Calcium (from tricalcium citrate)	300 mg 30%
Magnesium (from magnesium oxide)	150 mg 38%

Other Ingredients: Gelatin, Croscarmellose Sodium, Purified Water, MCT, Magnesium Stearate, Magnesium Aspartate.

Calcium citrate is an easily absorbed, soluble and chelated form of calcium preferred by many health and nutritional experts. It is less likely to cause constipation - a very real and uncomfortable problem with certain calcium supplements.

TWINLAB CALCIUM CITRATE CAPS PLUS MAGNESIUM go to work quickly in the stomach. Calcium and magnesium tablets, on the other hand, need binders to hold them together. Naturally, these binders may resist dissolving, so it is possible for a calcium plus magnesium tablet to pass through the digestive tract without being completely absorbed.

Directions: Take two capsules daily, preferably with a meal.

TWINLAB CALCIUM CITRATE CAPS PLUS MAGNESIUM ARE EASIER TO SWALLOW AND ASSIMILATE.

No tablet binders, coatings or colorings. Free of the most common allergens such as fish, corn, soy, yeast, wheat, barley, lactose (milk sugar) and all milk and egg products. No added flavorings, sugars, salt, artificial sweeteners, preservatives or salicylates.

Keep tightly closed in a cool, dry place.

Packaged in a glass bottle for maximum stability, quality and freshness.

Best if used by date shown on bottle.

MANUFACTURED BY TWINLAB CORPORATION

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