



CALCIUM MAGNESIUM

PROMOTES BONE & MUSCLE HEALTH*

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

250 TABLETS

DIETARY SUPPLEMENT



Calcium provides the building blocks that help keep bones and teeth strong and healthy.* It also supports the health of the musculoskeletal and nervous systems.* Magnesium helps to regulate calcium transport and aids in the influx of calcium into bone.* Magnesium also works with ATP to release the energy needed for many reactions in the body.* It plays an important role in protein formation and healthy muscle function.*

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

Carefully Manufactured by:
Solgar, Inc.
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Leonia, NJ 07605 U.S.A.

For more information, call toll-free
1-877-SOLGAR 4, www.solgar.com

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Supplement Facts

Serving Size: 3 Tablets
Servings Per Container: 83

Amount Per Serving		%DV
Calcium	1,000 mg	77%
(as calcium carbonate, calcium citrate, calcium gluconate)		
Magnesium	400 mg	95%
(as magnesium oxide, magnesium citrate, magnesium gluconate)		

DV= Daily Value

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

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

SUGGESTED USE: As a dietary supplement for adults, take three (3) tablets daily, preferably with a meal 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.

