

swanson.com
or call 1-800-437-4148

- Highly concentrated formula for strong, healthy bones and cardiovascular support
- Helps maintain healthy blood pressure and glucose levels

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take two softgels two times per day with food and water.

WARNING: For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication or have a medical condition. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place. Do not refrigerate.

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.



SWANSON[®]

Liquid Calcium & Magnesium

Strong, Healthy Bones

2:1 CALCIUM TO MAGNESIUM RATIO

MINERAL SUPPLEMENT | 100 SOFTGELS

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 50

Amount Per Serving	% Daily Value	
Calories	20	
Total Fat	1.5 g	2%*
Calcium (from calcium carbonate)	600 mg	46%
Magnesium (from magnesium oxide)	300 mg	71%

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

Other ingredients: Soybean oil, gelatin, glycerin, purified water, soy lecithin, yellow beeswax, titanium dioxide.

Contains soy.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS
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