



LIQUID

CALCIUM • MAGNESIUM CITRATE

WITH VITAMIN D3

Delicious, Easy to
Absorb Formulation

May Reduce the
Risk of Osteoporosis†



GLUTEN, WHEAT & DAIRY FREE



NATURAL ORANGE - VANILLA FLAVOR

DIETARY SUPPLEMENT 16 FL.OZ.(473 ml)

Calcium provides the building blocks that help keep bones and teeth strong and healthy. It also supports the health of the colon, heart, musculoskeletal and nervous systems. Magnesium helps to regulate calcium transport and stimulates the secretion of calcitonin, a hormone that aids in the influx of calcium into bone. Magnesium also works with ATP to produce the energy needed for most reactions in the body. It plays an important role in protein formation and healthy muscle function. Vitamin D is required to promote calcium absorption, which helps to maintain healthy bones and teeth. Vitamin D also supports a healthy immune system and the health of various tissues including breast, colon and prostate tissue. It may support muscle strength in older adults. This formulation provides Calcium, Magnesium and natural Vitamin D3 in a delicious and easy to absorb liquid form for daily supplementation.*

†When combined with a healthy diet and physical activity, calcium may reduce the risk of osteoporosis.

Carefully Manufactured for:
Solgar, Inc., 500 Willow Tree Road
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: 2 Tablespoons (1 fl. oz.)(30 ml)

Servings Per Container: 16

Amount Per Serving	%DV
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Calories	40
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Total Carbohydrate	4 g	1%**
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Sugars	3 g	***
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Vitamin D3	1000 IU	250%
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(as cholecalciferol)

Calcium	1200 mg	120%
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(as calcium citrate)

Magnesium	600 mg	150%
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(as magnesium citrate)

**Percent Daily Values (DV) are based on a 2,000 calorie diet

***Daily Value (DV) not established

Other Ingredients: Filtered Water, Fructose, Citric Acid, Natural Flavors, Xanthan Gum, Carrageenan.

SUGGESTED USE: SHAKE WELL before use. As a dietary supplement for adults, take two (2) tablespoons (1 fl. oz.)(30 ml) daily, with meals, or as directed by a healthcare practitioner.

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

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children. Store in a cool, dry place. Do not use if neck seal is missing, torn or damaged in any way. **Refrigerate after opening.**

*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.

Solgar's KOF-K certification #K-1250

