

Product Information Sheet



Bone Health

Cal-Mag-Citrate

V Ve

Calcium & Magnesium Formula

A cal/mag formula containing a 1:1 ratio of highly bioavailable calcium and magnesium.

Ingredients:

Each capsule typically contains:

Calcium (citrate and malate)	90 mg
Magnesium (citrate)	90 mg

Encapsulated with:

Ascorbyl palmitate
Gelatin
Rice powder
Silica

Features:

Highly absorbable calcium and magnesium due to the acidic nature of the chelating agents.

May help to support bone health.

Calcium and magnesium both play a role in muscle and nerve function.

Recommendation: Take 2 capsules two to four times daily with food, or as directed.

Caution: None known if directions are followed.

Contains ingredients derived from:

Wheat
Gluten

Product Code: 3387

Package Size: 90