

CAL MAG™ + D2



» 30 SERVINGS • NET WT. 5.78 OZ (164 G) | 0300219.030

SUPPORTS BONE HEALTH*

SUPERIOR FORMS FOR OPTIMAL ABSORPTION



» Our **Cal Mag™ + D2** combines a 2:1 ratio of elemental calcium to magnesium in the citrate form along with vitamin D₂ to enhance absorption. Calcium citrate is easy to absorb allowing a high percentage of elemental calcium and magnesium to be utilized by the body. Calcium and Magnesium are important for normal neurological and nervous system development, and also to help with calming and relaxation, which makes it great right before bed time.*

- ✓ Our formula contains a 2 to 1 ratio of calcium to magnesium. Both are in the highly bioavailable citrate form.* Calcium works together with Magnesium and Vitamin D₂ to support healthy bone density and strength.*
- ✓ Research shows that calcium citrate is better absorbed than calcium carbonate by approximately 22-27%, either with meals or on an empty stomach.* Calcium citrate is pH adjusted for optimal absorption.* This is of particular importance to people with achlorhydria (lack of hydrochloric acid in the digestive juices of the stomach) due to gastric insufficiencies.*
- ✓ Minerals in the citrate form (minerals chelated to citric acid) are organic compounds, which are better absorbed by the body than inorganic minerals such as calcium carbonate.* Citric acid is one of the key intermediates in the major biochemical energy-producing cycle in cells known as the Krebs Cycle.*
- ✓ This convenient and tasteless powder can be mixed in any cold drink or soft food. It's a great way to supply your family with these essential minerals at the levels each one needs.*

Note: For your individual need, consult your healthcare practitioner and remember to discuss age, diet, stress, exercise and medication.

Supplement Facts

Serving Size 1 Scoop (5.47 g)

Servings Per Container 30

% Daily Value

Vitamin D ₂ (as Ergocalciferol)	100 IU	25%
Calcium (as Calcium Citrate)	600 mg	60%
Magnesium (as Magnesium Citrate)	300 mg	75%

Warning: If you are pregnant or nursing, consult your health care practitioner before taking this product.

Suggested Use: As a dietary supplement, mix amount below in a cold beverage.

Children 4 and up: 1/2 scoop daily.

Adults: 1 scoop daily.

*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.

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