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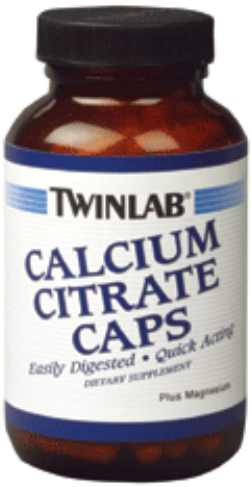
Minerals



Calcium Citrate Caps

What is Calcium and Magnesium Used For?
Calcium is necessary for the formation of bones and teeth, blood clotting, and normal muscle and nerve activity. Magnesium is necessary for normal functioning of muscle and nervous tissue and also in the formation of bones and teeth.
Calcium must be accompanied by magnesium to be properly absorbed and utilized. If inadequate magnesium is present, the calcium may not be used in building bone density, and may instead contribute to calcium deposits and calcium stones. For this reason, the addition of magnesium to a calcium formula is vital. Two capsules supply:
Calcium (from tricalcium citrate) 300 mg
Magnesium (from magnesium oxide) 150 mg

Capsules: 75's; 150's; 250's.

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