Calcium + ™

*available in 90 &180 tabs*




Features a 1:2 ratio of calcium to magnesium, great for complementing the average American diet that is low in magnesium-rich foods such as whole grains and beans. Because magnesium is essential for muscular relaxation, and this product includes twice as much magnesium as calcium, it s also a perfect choice for people with muscle cramping and post-workout soreness*, featuring 500 mg of calcium and 1,000 mg of magnesium per three tablets with co-nutrients, foods and over 1,000 mg of herbs.

CAL/MAG PRODUCTS

PRODUCT LIST

**Supplement Facts**
Serving Size 3 Tablets

| | Three Tablets Provide | % DV |
|---|---|---|
| Vitamin C (Magnesium Ascorbate) | 200 mg | 333% |
| Vitamin D3 (Cholecalciferol) | 400 IU | 100% |
| Pyridoxine (Vitamin B-6) | 2 mg | 100% |
| Calcium (Amino Acid Chelate, Carbonate, Citrate-Malate) | 500 mg | 50% |
| Magnesium (Oxide, Ascorbate, Amino Acid Chelate, Aspartate) | 1,000 mg | 250% |
| Manganese (Amino Acid Chelate) | 1 mg | 50% |
| **Other Dietary Ingredients** | | |
| Betaine HCl | 60 mg | * |
| **Superfood Ingredients** | | |
| Spirulina | 100 mg | * |
| Horsetail [herb] 4:1 Extract (standardized to 2.6% silica) (equivalent to 60 mg of herbal powder) | 15 mg | * |
| 4:1 Herbal Extract Blend (equivalent to 900 mg of herbal powder) Willow [bark], Meadowsweet [herb], Turmeric [rhizome], Ginger [rhizome], Ginger [rhizome] Essential Oil, Rosemary [leaf] Essential Oil | 225 mg | * |

*Daily Value (DV) not established.

Other Ingredients (all natural mineral and plant-based): stearic acid (vegetable), cellulose, modified cellulose, silica, magnesium stearate. Coating: vegetable food glaze.

**Suggested Usage:** Take 3 tablets daily, with or between meals. For best results, take with a meal.

**Guarantee: Contains no sugar, lactose, soy, wheat, gluten, or allergenic yeasts.**

*This product has 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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