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Liquid Calcium Magnesium Citrate with Vitamin D3 - Natural Blueberry Flavor

Calcium provides the building blocks that help keep bones and teeth strong and healthy.* It also plays a role in proper function of the 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.* Vitamin D is required to promote calcium absorption, which helps to maintain healthy bones and teeth.* Vitamin D also supports a healthy immune system.* This formulation provides Calcium, Magnesium and Vitamin D3 in a delicious and easy to absorb liquid form for daily supplementation.

†Adequate Calcium and Vitamin D as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life.

Supplement Facts

Serving Size: 2 Tablespoons (1 fl. oz.)(30 ml)

Amount Per Serving		% DV
Calories	40	
Total Carbohydrate	4 g	1%**
Sugars	3 g	***
Vitamin D3 (as cholecalciferol)	1000 IU	250%
Calcium (as calcium citrate)	1200 mg	120%
Magnesium (as magnesium citrate)	600 mg	150%

**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.

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

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.

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.**

Solgar's KOF-K certification #K-1250

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UPC	Quantity	Vegetarian	Kosher
033984358317	16 oz	No	Yes

*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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