

Suggested Usage: Take 2 tablets daily.
Can be taken in divided doses.

NOW® Calcium & Magnesium combines two essential minerals that work together to maintain several critical physiological processes.* They are both necessary for normal neural, muscular, and blood vessel function, as well as for the maintenance of proper bodily fluid balance.* Calcium and Magnesium also support the formation and maintenance of a healthy skeleton.*

*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

TABLET SIZE

Do Not Eat Freshness Packet.
Keep in Bottle.

Natural color variation may occur
in this product.

CODE 1270E V5



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Calcium & Magnesium

Supports Bone Health*

- High Potency
- 2:1 Ratio

100 Tablets

A Dietary Supplement Vegetarian/Vegan



Minerals

Family owned since 1968.

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 50

	Amount Per Serving	% Daily Value
Calcium (from Calcium Carbonate, Calcium Citrate, Calcium Ascorbate)	1 g (1,000 mg)	100%
Magnesium (from Magnesium Oxide, Magnesium Citrate, Magnesium Ascorbate)	500 mg	125%

Other ingredients: Cellulose, Croscarmellose Sodium, Stearic Acid (vegetable source), Magnesium Stearate (vegetable source) and Vegetarian Coating.

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.
Please Recycle.

