NOW Foods, Calcium & Magnesium, 250 Tablets

Description

- Supports Bone Health
- High in Calcium & Magnesium
- 2:1 Ratio
- A Dietary Supplement
- Vegetarian/Vegan
- Kosher
- Minerals
- Family Owned Since 1968
- GMP Quality Assured

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.

Suggested use

Take 2 tablets daily. Can be taken in divided doses.

Other ingredients

Microcrystalline cellulose, silicon dioxide, vegetarian coating, croscarmellose sodium, hydroxypropyl cellulose and stearic acid (vegetable source).

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

Warnings

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

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

Supplement Facts	
Serving Size: 2 Tablets	
Servings Per Container: 125	

Supplement Facts		
	Amount Per Serving	**%Daily Value**
Calcium (elemental) (from 2,775 mg complex of Calcium Carbonate, Calcium Citrate, Calcium Ascorbate)	1 g (1,000 mg)	77%
Magnesium (elemental) (from 928 mg complex of Magnesium Oxide, Magnesium Citrate, Magnesium Ascorbate)	500 mg	119%

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