



# Liquid Cal-Mag

2:1 Ratio

DIETARY SUPPLEMENT

Supports Healthy Bones & Natural Energy Production\*

250 Soft Gels

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Supplement Facts

Serving Size 1 Soft Gel

	Amount Per Soft Gel	% DV
Calories	5	
Calories from Fat	5	
Total Fat	0.5 g	1%**
Vitamin D <sub>3</sub>	500 IU	125%
Calcium (from calcium carbonate)	200 mg	20%
Magnesium (from magnesium oxide)	100 mg	25%

\*\* Percent Daily Values (DV) are based on a 2000 calorie diet.

Other Ingredients: Sunflower oil, soy lecithin, beeswax. Soft Gel Shell: Beef gelatin, glycerin, water, titanium dioxide.

**Directions:** Take one soft gel daily, **at mealttime.** Keep bottle tightly closed.

- ✓ **Gluten-free**
- ✓ **Milk/Casein-free**
- ✓ **Preservative-free**

Carlson Liquid Cal-Mag soft gels provide Calcium and Magnesium in the preferred 2 to 1 ratio.

Calcium and Magnesium are associated with a well-functioning nervous system and play a role in blood and tissue processes.\* Calcium is also necessary for the maintenance of strong, healthy bones and teeth.\* Magnesium also helps promote the metabolism of other important nutrients.\* Vitamin D<sub>3</sub> has been added to aid Calcium absorption.\*

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### POTENCY & QUALITY GUARANTEED

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