



Cal-Mag Citrate Powder

A Dietary Supplement to Support Bone Health*

A vegetarian and tasteless powder that mixes easily in any cold beverage, supplying Calcium Citrate, Magnesium Citrate and Vitamin D2 for maximum support of bone function and health.*

Our formula contains a 2 to 1 ratio of calcium to magnesium. Both are in the highly bioavailable citrate form.* Calcium works together with Magnesium and Vitamin D to support bone density and strength.*

Studies show that Calcium Citrate is better absorbed than calcium carbonate by approximately 22-27%, either with meals or on an empty stomach.* Calcium citrate is pH adjusted for optimal absorption.* This is of particular importance to people with achlorhydria (lack of hydrochloric acid in the digestive juices of the stomach) due to gastric dysfunction.

Minerals in the Citrate form (minerals chelated to citric acid) are organic compounds, which are better absorbed by the body than inorganic minerals such as calcium carbonate. Citric acid is one of the key intermediates in the major biochemical energy-producing cycle in cells known as Krebs Cycle.*

This convenient and tasteless powder can be mixed in any cold drink or soft food. It's a great way to supply your family with these essential minerals at the levels each one needs.*

Note: For your individual need, consult your healthcare practitioner and remember to discuss age, diet, stress, exercise and medication.

Supplement Facts

Serving Size: 1 Scoop

Amount Per Serving

Vitamin D2 (Ergocalciferol)	100 IU
Calcium (as Calcium Citrate)	600 mg
Magnesium (as Magnesium Citrate)	300 mg

Other ingredients: none.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

Suggested Use: As a dietary supplement, mix amount below in a cold beverage, or as directed by your healthcare practitioner.

Children 4 and up: 1 scoop daily.

Adults: 1 scoop, 1-2 times daily.

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*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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