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**FOODSCIENCE**®  
*of Vermont*

## *Cal-Mag Citrate Powder*

- **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 health care 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 you are pregnant or nursing, consult your health care practitioner before taking this or any nutritional product.

**Suggested Use:** As a dietary supplement, mix amount below in a cold beverage.

Children 4 and up: 1 scoop daily.

Adults: 1 scoop, 1-2 times daily.

Sold Exclusively Through Retailers.

0300219.030 (30 Vegetarian Servings)

\*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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