

Cal-Mag Citrate

Effervescent Powder



Calcium
Magnesium
Vitamin C



What it is

An easy-to-consume calcium and magnesium supplement in an optimally absorbed form.* Each batch of Cal-Mag Citrate powder is NSF Certified for Sport®, meaning it's been tested to ensure the absence of more than 200 substances banned by many major athletic organizations.

What it does

Cal-Mag Citrate Effervescent Powder helps maintain normal bone and muscle health.* It also provides 500 mg of vitamin C. It effervesces when mixed with water, creating optimally absorbed minerals.*

Why do you need calcium?

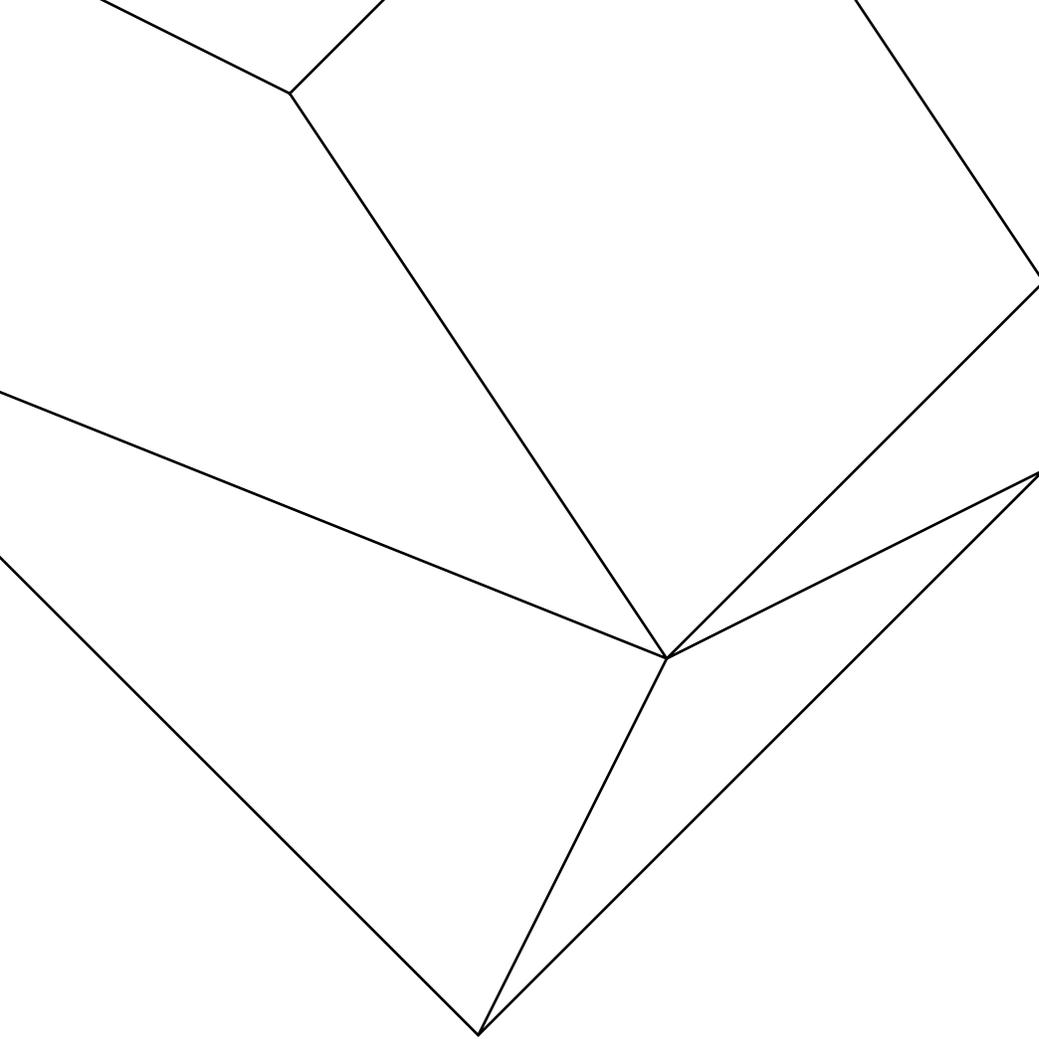
A recent analysis of a large number of previously conducted research studies on calcium and bone mass found that daily supplementation of 500-1,500 mg of a well-absorbed form of calcium promotes healthy bone in adolescents, young adults, older men, and postmenopausal women.*

Why do you need magnesium?

Magnesium is present in all cells of the body and is involved in up to 600 enzymatic processes. In addition to playing an essential role in maintaining normal bone density, magnesium is essential for normal cardiac rhythmicity, normal pulmonary function, and healthy blood glucose regulation.* Other body functions that require magnesium include nerve conduction, healthy methylation, activation of vitamin B6, energy production, and muscle contraction.*

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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.



SUPPLEMENT FACTS

V13

Serving Size: One Scoop (5.35 g); Servings Per Container: 40

One Scoop (5.35 g) Contains:		%DV
Vitamin C (as Ascorbic Acid)	500 mg	556%
Calcium (as Citrate/Ascorbate reacted from Calcium Carbonate and Citric/Ascorbic Acids)	500 mg	38%
Magnesium (as Citrate/Ascorbate reacted from Magnesium Oxide and Citric/Ascorbic Acids)	200 mg	48%

*Daily Value (DV) not established.

Other Ingredients

Glycine

Suggested Use

Mix 1 scoop with at least 8 ounces of water one to two times daily or as recommended by your health professional.

If pregnant, consult your health-care practitioner before using this product.

SKU	Unit Count	Benefits	Features
M222	Net wt 7.5 oz	Foundational Bone Support* Muscle/Tendon*	NSF Certified for Sport® Gluten Free Soy Free Dairy Free Vegan

THORNE

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