



## Calcium-Magnesium Tablets

Food supplement containing  
calcium, magnesium and vitamin D3

### Interesting facts:

Calcium and magnesium are minerals that are essential for a wide range of functions and metabolic processes in the human body. For example, calcium and magnesium play a key role in the formation of the mineral substance in the bones and teeth. In addition, calcium plays a role in cell division and energy metabolism. Magnesium supports a normal muscle function, especially in sports and physical activity and promotes the well-being - also at night - helps muscles and calf muscles to relax and loosen up.

### Ingredients:

Calcium Carbonate, Magnesium Carbonate, fillers Cornstarch, Microcrystalline Cellulose, anti-caking agent Magnesium Stearate, filler carboxymethyl cellulose, Vitamin D3.

Each tablet contains 300 mg calcium carbonate and 200 mg magnesium carbonate, corresponding to 120 mg of pure calcium and 50 mg of pure magnesium. 1.25 µg vitamin D3 contributes towards the absorption and utilisation of calcium.

	per tablet	per daily dose (=6 tablets)	% of the recommended daily requirement (NRV)*
Calcium	120 mg	720 mg	90
Magnesium	50 mg	300 mg	80
Vitamin D3	1.25 µg (50 I.U.)	7.5 µg (300 I.U.)	150

\*NRV = Nutrient reference value for the daily intake according to VO (EU) No. 1169/2011

### Suggested use:

Take 3 capsules 3 times daily. The capsules should be swallowed whole with sufficient liquid before a meal.  
It is recommended to take Calcium-Magnesium Tablets regularly over a longer period of time.

Keep out of direct sunlight. Store in a dry place below 25°C.

Nutritional supplements should not be used as a substitute for a varied, healthy diet and do not replace a healthy lifestyle.

Keep out of reach of young children. The recommended daily dose should not be exceeded.

Made in Germany

**Contents 400 tablets = 298 g**

Art. No. 169

Eti0623