

**DIRECTIONS:**

As a dietary supplement, take 3 tablets daily with a meal.

**STORAGE:**

Keep tightly closed in a cool, dry place.

**WARNING:**

Consult with a healthcare professional if pregnant, breast feeding, providing to a child, or if you have any other unique or special needs. Keep out of reach of children.

**\*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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BEACHBODY®  
nutritional

core  
**Cal-Mag™**

- Helps strengthen bones and teeth\*
- Promotes proper nerve and muscle function\*
- Added vitamin D and magnesium aid calcium absorption\*
- Nature's best calcium for those who don't consume dairy\*

CORE  
nutrition

30-DAY SUPPLY 90 TABLETS DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 3 tablets

Servings Per Container: 30

	Amount Per Serving	% DV
Vitamin D (as cholecalciferol)	200 IU	50%
Calcium (from milk and calcium carbonate)	1,000 mg	100%
Phosphorus (from milk mineral concentrate)	230 mg	23%
Magnesium (as magnesium oxide)	500 mg	125%

**OTHER INGREDIENTS:** Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate vegetable, silicon dioxide, titanium dioxide, polydextrose, hydroxypropyl methylcellulose, triacetin, and polyethylene glycol.

Adequate calcium intake is linked to reduced osteoporosis by slowing bone loss in older men and women. Regular exercise and a healthy diet with adequate calcium helps teen and young adult women build bone mass and maintain bone health and may reduce their risk of osteoporosis later in life.\*

Core Cal-Mag provides milk calcium and calcium carbonate in a 2:1 ratio with magnesium, an important mineral in regulating the cardiovascular system and muscle contraction. Added vitamin D and phosphorus also support bone augmentation and maintenance.\*