

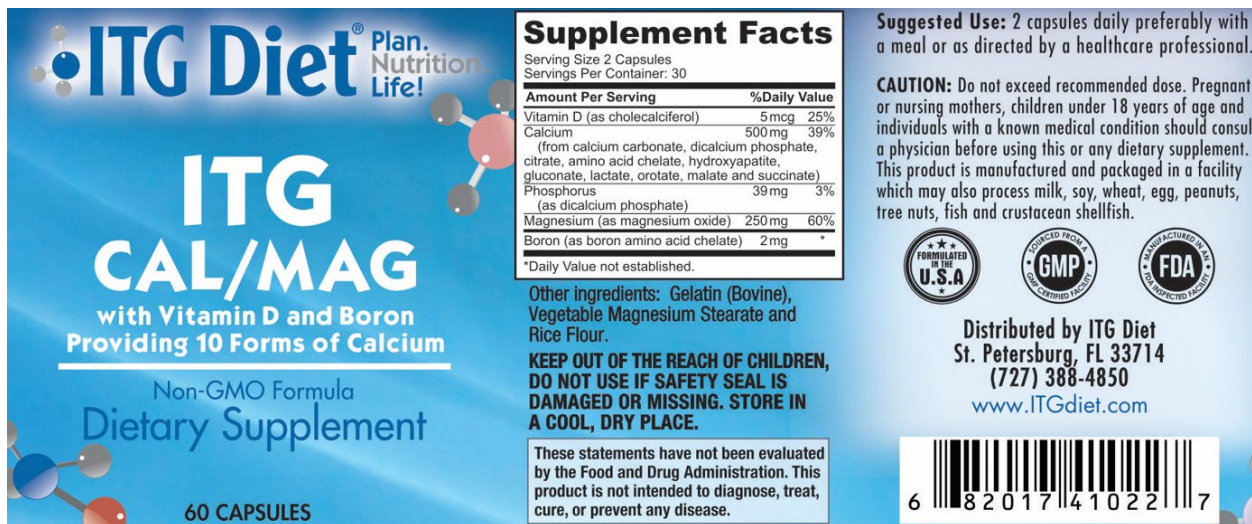
When in balance, calcium and magnesium play vital roles in many areas of human health. *Calcium* is crucial for muscle contraction, proper blood clotting, wound healing, the secretion of hormones and enzymes, nerve transmission, the building of strong bones and teeth, and for inhibiting the build-up of lead in the body.

Magnesium, one of the most critical minerals in the human body, is involved in hundreds of enzyme reactions and plays a pivotal role in muscle relaxation, energy production, heart health, and maintenance of proper blood pressure and in helping to prevent the accumulation of aluminum, a toxic metal implicated in many common degenerative neurological disorders.

In summary: Calcium is necessary for muscles to contract, while magnesium is needed for muscles to relax; calcium works to simulate nerves, while magnesium calms the nerves.

Each capsule contains vit D, which is essential for development, function and maintenance of healthy bones. It also aids in the absorption and effectiveness of calcium. It also contains Boron, which is a trace element also responsible for building strong bones, muscles, thinking skills and muscle coordination.

60 Capsules (1 month supply)



ITG Diet Plan. Nutrition Life!

ITG CAL/MAG
with Vitamin D and Boron
Providing 10 Forms of Calcium

Non-GMO Formula
Dietary Supplement

60 CAPSULES

Supplement Facts

Serving Size 2 Capsules
Servings Per Container: 30

Amount Per Serving	%Daily Value
Vitamin D (as cholecalciferol)	5 mcg 25%
Calcium (from calcium carbonate, dicalcium phosphate, citrate, amino acid chelate, hydroxyapatite, gluconate, lactate, orotate, malate and succinate)	500 mg 39%
Phosphorus (as dicalcium phosphate)	39 mg 3%
Magnesium (as magnesium oxide)	250 mg 60%
Boron (as boron amino acid chelate)	2 mg *

*Daily Value not established.




Other ingredients: Gelatin (Bovine), Vegetable Magnesium Stearate and Rice Flour.

KEEP OUT OF THE REACH OF CHILDREN, DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.


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.

Suggested Use: 2 capsules daily preferably with a meal or as directed by a healthcare professional.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under 18 years of age and individuals with a known medical condition should consult a physician before using this or any dietary supplement. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

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