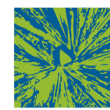


# PRODUCT DATA SHEET

## Cal-Mag Citrate (Effervescent Powder)



**THORNE**  
**RESEARCH**

Pure Ingredients, Trusted Results



### Cal-Mag Citrate (Effervescent Powder)

An easy-to-consume form of calcium-magnesium supplementation

- Powder reacts when mixed with water, resulting in formation of well-absorbed citrate, ascorbate, and glycinate minerals
- Provides a higher amount of calcium in a non-capsule form
- A convenient way to supplement with high amounts of these minerals
- Has the added benefit of vitamin C

#### CAL-MAG CITRATE (EFFERVESCENT POWDER)

S u p p l e m e n t F a c t s		
Serving Size: One Scoop		
Servings Per Container: 42		
Each Heaping (5.4 g) Scoop Contains:		% DV
Vitamin C (as Ascorbic Acid)	500 mg	833%
Calcium (as Citrate / Ascorbate reacted from Calcium Carbonate and Citric / Ascorbic Acids)	500 mg	50%
Magnesium (as Citrate / Ascorbate reacted from Magnesium Oxide and Citric / Ascorbic Acids)	200 mg	50%
Daily Value (DV)		

Other Ingredients: Glycine.

**NET WT. 8 OZ. (227 G)**  
Code: M222

### Allergy Warning

This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients.

### Pregnancy Warning

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

### Interactions

There are no known adverse interactions or contraindications at publication date.

### Additional Warnings

Gas, bloating, or diarrhea may occur in some individuals taking magnesium supplements. This can occur at varying amounts depending on the individual and resolves when the amount is reduced.

Vitamin C can cause diarrhea in some individuals in large doses, which can vary from person to person and resolves when the amount is reduced.

### Purity

This product does not contain wheat, gluten, corn, yeast, soy, egg, dairy products, or artificial colors, artificial sweeteners, or artificial flavors. This product also does not contain lactose, palmitic acid, magnesium stearate, or stearic acid.

### Suggested Use

Add 1 heaping (5.4 g) scoop to 8 ounces of water one to two times daily or as recommended by a health-care practitioner.

### Additional Notes

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\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.