

# CA/MG 2:1

## BIOAVAILABLE CALCIUM AND MAGNESIUM

- Encourages healthy bone density maintenance and growth\*
- Nutritional support for healthy muscle function\*

CA/MG 2:1 encourages optimum absorption of both of these essential minerals. Many Americans are deficient in either calcium or magnesium, a condition which could impair overall health.\*

CALCIUM is involved in maintaining the structure and density of bones and teeth. The remaining 1% has numerous important functions including: muscle contraction, blood clotting, nerve conduction, and blood pressure regulation. Calcium citrate is a highly soluble, bioavailable form of supplemental calcium designed to support total body health.\*

MAGNESIUM is the fourth most abundant mineral in the body and plays many essential roles. Magnesium is necessary for over 300 biochemical reactions. Its functions include maintaining normal nerve and muscle function, blood sugar metabolism, supporting heart rhythm, and energy production. In addition, 50% of the body's magnesium stores can be found within the bone. Magnesium influences calcium metabolism via increasing absorption and bone response. Studies have shown that bone density is significantly improved in post-menopausal women with increased intake of magnesium.\*



### Ca/Mg 2:1

Serving Size 3 capsule  
Servings Per Container 30

Amount Per Serving	
Calcium (citrate)	300 mg
Magnesium (aspartate)	150 mg

**OTHER INGREDIENTS:** Stearic acid, silica.

**SUGGESTED USE:** As a dietary supplement, take 1-3 capsules per day or as directed by your healthcare professional.

### REFERENCES:

1. Abraham, Grewal; A total dietary program emphasizing magnesium instead of calcium. *J. Reprod Med* 1990;35:503-507
2. Lindberg JS, Zobitz MM, Poindexter JR, et al. Magnesium bioavailability from magnesium citrate and magnesium oxide. *J Am Coll Nutr* 1990;9:48-55 1990
3. Touyz RM. Role of magnesium in the pathogenesis of hypertension. *Mol Aspects Med* 2003 Feb 6;24(1-3):107-36.
4. Yasuhiro Toba et al. Dietary magnesium supplementation affects bone metabolism and dynamic strength of bone in ovariectomized rats. *J of Nutr.* (130)216-220.2000