Cal/Mag Citrate

DESCRIPTION
Cal/Mag Citrate Capsules, provided by Douglas Laboratories, supply bioavailable calcium and magnesium in citrate form.

FUNCTIONS
The adult human body contains approximately 1,200 g of calcium, about 99% of which is present in the skeleton, and 20-30 g of magnesium with about 60% located in bone. The remaining 1% of total body calcium and 40% of total body magnesium are found in the soft tissues and play important roles in such vital functions as nerve conduction, muscle contraction, energy metabolism, blood clotting, membrane permeability, and hormonal signaling. Blood calcium levels are carefully maintained within very narrow limits by the interplay of several hormones (1,25-dihydroxy-cholecalciferol, parathyroid hormone, calcitonin, estrogen, and testosterone) which control calcium absorption and excretion, as well as bone metabolism. The intracellular levels of magnesium are also very tightly regulated, since their alterations can have profound effects on cardiac and skeletal muscle physiology.

Bone is constantly turning over, through a continuous process of formation and resorption. In children and adolescents, the rate of formation of bone mineral predominates over the rate of resorption. In later life, resorption predominates over formation. Therefore, in normal aging, there is a gradual loss of bone. It is generally accepted that obtaining enough dietary calcium throughout life can significantly support optimal bone health. Among other factors, such as regular exercise, gender and race, calcium supplementation during childhood and adolescence appears to be a prerequisite for maintaining adequate bone density later in life. But even elderly patients can benefit significantly from supplementation with dietary calcium and magnesium.

Boron is included in this formula for its supportive roles in maintaining healthy bone structure and function.

INDICATIONS
Cal/Mag Citrate capsules may be a useful dietary supplement for individuals who wish to increase their intake of calcium and magnesium for maintaining good bone health.

FORMULA (#7471)
1 Capsule Contains:
Calcium (from 300 mg calcium citrate) ................................................................. 72 mg
Magnesium (from 300 mg magnesium citrate) ......................................................... 48 mg
Boron (from boron citrate) ................................................................................... 10 mcg

SUGGESTED USE
Adults take 1 capsule daily with meals or as directed by physician.

SIDE EFFECTS
No adverse side effects reported.

STORAGE
Store in a cool, dry place, away from direct light. Keep out of reach of children.
Cal/Mag Citrate

REFERENCES
Andon MB, Lloyd T, Matkovic V. Supplementation trials with calcium citrate malate: Evidence in favor of increasing the calcium RDA during childhood and adolescence. J Nutr 1994;124 Suppl.1412S-1417S.
Barger-Lux MJ, Heaney RP. The role of calcium intake in preventing bone fragility, hypertension, and certain cancers. J Nutr 1994;124 Suppl.1406S-1411S.

For more information on Cal/Mag Citrate visit douglaslabs.com

† 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.