

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	72 mg
(from 300 mg calcium citrate)	
Magnesium	48 mg
(from 300 mg magnesium citrate)	
Boron	10 mcg
(from boron citrate)	

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.

REFERENCES

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- Belizan JM, Villar J, Bergel E, Pino Ad, Di Fulvio S, Galliano SV, and Kattan C. Long term effect of calcium supplementation during pregnancy on the blood pressure of offspring: follow up of a randomised controlled trial. *BMJ* 1997;315(7013):281-5.
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- Meacham SL et al. Effect of boron supplementation on blood and urinary calcium, magnesium, and phosphorus, and urinary boron in athletic and sedentary women. *Am J Clin Nutr* 1995;61:341-345.

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**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.**

**Manufactured by
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