

Cal/Mag Citrate

Mineral support for healthy bones[‡]

DESCRIPTION

Cal/Mag citrate supplies 240 mg of each mineral to support healthy bones and cellular metabolism.[‡]

INDICATIONS

- Support for bone metabolism and bone health[‡]

FUNCTIONS AND MECHANISM OF ACTION

The adult human body contains approximately 1 to 2 percent calcium, about 99% of which is present in the skeleton. Bone is constantly turning over, a continuous process of formation and resorption. In children and adolescents, the rate of bone mineral formation predominates over the rate of resorption. In later life, resorption predominates over formation. Therefore, in normal aging, there is a gradual loss of bone. Calcium citrate provides a highly beneficial source of dietary calcium that assists in the maintenance of healthy bone structure and function. In addition, calcium is essential to maintain and perform cellular signaling in many physiological functions, including muscle contraction, neuronal excitability and cell growth.[‡]

Magnesium plays an essential role in a wide range of fundamental cellular reactions. More than 300 enzymes require magnesium as a cofactor. Complexed with adenosine triphosphate (ATP), the main carrier of metabolic energy in the body, magnesium is essential for all biosynthetic processes: glycolysis, formation of cyclic adenosine monophosphate (cAMP), energy-dependent membrane transport, transmission of genetic code for protein synthesis and muscle function. Two-thirds of the body's magnesium content is in the skeleton. In a clinical study, individuals who supplemented with 200-300 mg of magnesium had an increase in bone mineral density compared to control group, suggesting that magnesium plays a role in bone metabolism. In addition, animal studies show that magnesium supplementation not only supports bone formation and its dynamic strength, but also helps to balance the bone resorption process.[‡]

FORMULA (#202748)

Serving Size: 3 Vegetarian Capsules

Calcium (as calcium citrate)	240 mg
Magnesium (as magnesium citrate)	240 mg

Other Ingredients: Hydroxypropyl methylcellulose (capsule), ascorbyl palmitate

Gluten-free, Non-GMO

SUGGESTED USE

As a dietary supplement, adults take 3 capsules, 1-2 times daily, or as directed by your health professional.

WARNING

If you are pregnant, nursing, have any health condition or taking any medication, consult your health professional before using this product.

Keep out of reach of children.

STORAGE

Store in a cool, dry place, away from direct light. Use only if safety seal is intact.

REFERENCES

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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.

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