

## Cal/Mag 2001

### 2:1 Dose Ratio Plus Other Nutrients

Mineral support for healthy bones<sup>‡</sup>

### DESCRIPTION

Cal/Mag 2001 supplies a 2:1 ratio of calcium and magnesium to support bone health and metabolism.<sup>‡</sup>

### INDICATIONS

- Support for bone metabolism<sup>‡</sup>
- Support for bone health<sup>‡</sup>

### 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 complex 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. Vitamin D promotes intestinal calcium and phosphorous absorption and reduces urinary calcium loss, essential mechanisms for maintaining healthy calcium levels in the body and for healthy bone composition. Vitamin C also supports bone metabolism and bone health by acting as an antioxidant and playing an essential role in bone matrix collagen production.<sup>‡</sup>

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 many 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.<sup>‡</sup>

### FORMULA (#202768)

Serving Size 3 Tablets

Vitamin C (as ascorbic acid) .....	150 mg
Vitamin D (as cholecalciferol).....	1.875 mcg (75 IU)
Calcium (as calcium citrate/carbonate/ascorbate complex) .....	750 mg
Magnesium (as magnesium aspartate/ascorbate/oxide complex) .....	375 mg
Glutamic Acid.....	150 mg
Boron (as boron citrate) .....	3 mg

Other Ingredients: Microcrystalline cellulose, coating (calcium carbonate, hydroxypropyl methylcellulose, isomalt, medium-chain triglycerides), stearic acid, and vegetable stearate

Gluten-free, Non-GMO

### SUGGESTED USE

As a dietary supplement, adults take 3 tablets 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

- Parfitt AM. In: Riggs BL, Melton LJ III, editors. New York, NY: Raven Press, 1988.
- Quesada Gómez JM, Blanch Rubió J, Díaz Curiel M, Díez Pérez A. *Clin Drug Investig*. 2011;31(5):285-98.
- Giorgi C, Marchi S, Pinton P. *Nat Rev Mol Cell Biol*. 2018;19(11):713-730.
- Aloia JF, Dhaliwal R, Shieh A, et al. *Am J Clin Nutr*. 2014 Mar;99(3):624-31.
- Tang BM, Eslick GD, Nowson C, et al. *Lancet*. 2007 Aug 25;370(9588):657-66.
- Aghajanian P, Hall S, Wongworawat MD, Mohan S. *J Bone Miner Res*. 2015 Nov; 30(11): 1945–1955.
- Malmir H, Shab-Bidar S, Djafarian K. *Br J Nutr*. 2018 Apr;119(8):847-858.
- Chin KY, Ima-Nirwana. *Curr Drug Targets*. 2018;19(5):439-450.
- Sun-Edelstein C, Mauskop A. *Expert Rev Neurother*. 2019;9(3):369-379.
- Elin RJ. *Clin Chem* 1987;33:1965-1970.
- João-Matias, et al. *Blood Purif*. 2014;38(3-4):244-52.
- Rodríguez-Moran M, Guerrero-Romero F. *Arch Med Res*. 2014;45(5):388-93.
- Martini LA. *Nutr Rev*. 1999 Jul;57(7):227-9.
- Stendig-Lindberg G, Tepper R, Leichter I. *Magnes Res*. 1993;6(2):155-63.
- Rude RK, Kirchen ME, Gruber HE, et al. *Miner Electrol Metab*. 1998;24, 314–320.
- Vormann J. *Mol Aspects Med*. 2003;24(1-3):27-37.
- Pizzorno L. *Integr Med (Encinitas)*. 2015 Aug; 14(4): 35–48.

**For more information on Cal/Mag 2001, visit [douglaslabs.com](http://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.

Manufactured by  
Douglas Laboratories  
600 Boyce Rd  
Pittsburgh, PA 15205  
800-245-4440  
[douglaslabs.com](http://douglaslabs.com)



PUSH YOUR POTENTIAL.

©2022 Douglas Laboratories. All Rights Reserved.