

## Liquid Cal/Mag/D

### DESCRIPTION

Liquid Cal/Mag/D by Douglas Laboratories provides the essential nutrients for bone health, which include calcium and magnesium in a 2:1 ratio and vitamin D3 in a great-tasting raspberry-flavored liquid, sweetened naturally with organic stevia and xylitol.

### FUNCTIONS

The adult human body holds about 99% of all calcium and about 60% of magnesium in the skeleton. 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, including 1,25-dihydroxy-cholecalciferol, 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, 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, magnesium, and vitamin D throughout life can significantly support optimal bone health.

Vitamin D is a key regulatory hormone for calcium and bone metabolism. Adequate vitamin D status is essential for ensuring normal calcium absorption and maintenance of healthy calcium plasma levels. Magnesium absorption is independent of vitamin D status.

### INDICATIONS

Liquid Cal/Mag/D is indicated for individuals that desire supplemental calcium, magnesium, and vitamin D in a liquid form.

### FORMULA (#57568-450X)

Serving Size 2 teaspoons (10 ml)

Servings Per Container 45

Vitamin D3 ..... 1,000 IU  
(as cholecalciferol)

Calcium.....350 mg  
(as calcium citrate)

Magnesium.....175 mg  
(as magnesium citrate)

Other ingredients: Purified water, xylitol, natural raspberry flavor, citric acid, xanthan gum, organic stevia leaf extract and potassium sorbate.

### SUGGESTED USE

Adults take 2 teaspoons daily with a meal or as directed by your health care professional.

### SIDE EFFECTS

No adverse effects have been reported at the suggested serving size.

**WARNING:** This product should be taken separately from certain antibiotics, bisphosphonate medications, and thyroid medications.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## Liquid Cal/Mag/D

### REFERENCES

O'Brien KO. Combined calcium and vitamin D supplementation reduces bone loss and fracture incidence in older men and women. *Nutr Rev* 1998;56:148-50.

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Sojka JE, Weaver CM. Magnesium supplementation and osteoporosis. *Nutr Rev* 1995;53:71-74.

Spencer H, Fuller H, Norris C, Williams D. Effect of magnesium on the intestinal absorption of calcium in man. *J Am Coll Nutr* 1994;13:485-492.

**For more information on Liquid Cal/Mag/D, 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.

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Your patients trust you.**