

# Cal/Mag 2:1 (malate)

Dual mineral support for healthy bones<sup>†</sup>

## INDICATIONS

- Ages 18 and up
- Bone health support<sup>†</sup>
- Cardiovascular health support<sup>†</sup>

## BENEFITS

- Promotes bone health and may reduce the risk of osteoporosis<sup>\*\*†</sup>
- Supports cardiovascular health by maintaining electrolyte balance<sup>†</sup>
- May help promote healthy lipid metabolism<sup>†</sup>

## FEATURES

- Contains chelated minerals for optimal absorption
- Made with high-quality vegan ingredients backed by verifiable science

## VERIFIABLE SCIENCE

Combines di-calcium malate and di-magnesium malate for the highest elemental calcium and magnesium per capsule. These minerals are chelated with the krebs cycle intermediate malate for optimal absorption. Randomized, double-blind, placebo-controlled studies have reported statistically significant benefits of calcium supplementation for bone health<sup>1,2</sup> Magnesium, like calcium, is an essential bone matrix mineral that promotes healthy bone metabolism.<sup>3</sup> A trial involving 2,038 older individuals indicated that higher intakes of magnesium were positively associated with bone mineralization for certain individuals.<sup>4</sup> Supplementation with calcium and magnesium provides synergistic support for bone health.<sup>5</sup> Magnesium supports cardiovascular health by helping to maintain healthy levels of cellular and plasma electrolytes, including calcium and potassium.<sup>6</sup> Additionally, calcium and magnesium may help to promote healthy lipid metabolism.<sup>7†</sup>

## SUGGESTED USE

As a dietary supplement, take 3 capsules, 1-2 times daily, with or between meals.

## STORAGE

Store in a cool, dry place.

## WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

## SOURCE

- Calcium and magnesium are derived from the lime of rock
- Malate is synthetic
- Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil

## NOTES

Size 00 caps

Bottle count 180

Order codes CMM1

Bottle size 20 oz

## REFERENCES

1. Reid IR, et al. *Am J Med.* 2006 Sep;119(9):777-85.
2. Reid IR, et al. *Arch Intern Med.* 2008 Nov 10;168(20):2276-82.
3. Tonya S, et al. *Am J Clin Nutr.* 2014 Apr; 99(4): 926-933.
4. Ryder KM, et al. *J Am Geriatr Soc.* 2005 Nov;53(11):1875-80.
5. Abraham GE, et al. *J Reprod Med.* 1990 May;35(5):503-7.
6. Shechter M, et al. *Am J Cardiol.* 2003 Mar 1;91(5):517-21.
7. Reid IR, et al. *Am J Med.* 2002 Apr 1;112(5): 343-7.

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## SUPPLEMENT FACTS

3 capsules, 1-2 times daily, with or between meals.

Three (size 00) vegetarian capsules contain:

Calcium (as DimaCal<sup>®</sup> di-calcium malate) 390 mg

Magnesium (as di-magnesium malate) (Albion<sup>®</sup>) 195 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

DimaCal<sup>®</sup> and Albion<sup>®</sup> are registered trademarks of Albion Laboratories, Inc. U.S. Patent 6,706,904.



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	180	CMM1

\*\*When providing adequate calcium throughout life as part of a well-balanced diet

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<sup>†</sup>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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