

CALCIUM/MAGNESIUM FACTSHEET

These two important minerals are often combined into one convenient product. Such combinations are a practical way to prevent or treat myriad ailments, from back pain and pre-menopause (a transitional period of about 2 – 10 years before complete cessation of the menstrual period) to PMS and endometriosis. This important bone-health formula combines Calcium and Magnesium.

Calcium can help prevent Osteoporosis - bones that are thin, brittle and break easily. It may also play a role in maintaining healthy blood pressure levels, colon health, heart health and muscle health.

Magnesium is an essential mineral. It's called "essential" because your body does not manufacture it and it is essential that you take it in through your diet. Working with Calcium, Magnesium helps keep your bones strong throughout your life.

Calcium is the most abundant mineral in the human body. The average adult has about 2 to 3 pounds of Calcium in their body, with about 99% in the bones and teeth. The remaining 1% of body Calcium is found in the blood and within cells, where it helps with dozens of metabolic processes. This 1% of Calcium is so important to maintain that the body will draw on Calcium stores in the bones – even at the expense of causing Osteoporosis – to keep blood and cellular Calcium levels within the proper range.

Magnesium is a mineral that functions as a coenzyme (part of ~100 enzymes) for nerve function and muscle relaxation, regulation of body temperature, energy metabolism, DNA/RNA synthesis and the formation of bones. The majority of the body's Magnesium (60%) is found in the bones. In addition, Magnesium protects the arteries from stress and also works with body enzymes to metabolise sugar which is stored in the liver and provides energy on demand. Magnesium can help to ease PMS and muscle cramps.

Side Effects and Cautions

Calcium – Side effects from Calcium supplements are rare.

Magnesium – Intakes higher than 600 mg per day should be avoided as doses over this amount can cause diarrhoea and general gastrointestinal distress as well as interfere with Calcium absorption and bone metabolism.

INGREDIENTS INFORMATION:

Serving Size 2 Tablets

Servings Per Container: 50

Each Tablet Contains:

Calcium (Carbonate 80%, Citrate 10%, Amino Acid Chelate 10%)	500 mg
Magnesium (Oxide 80%, Citrate 10%, Amino Acid Chelate 10%)	250 mg

WARNING: Consult your GP before use if you are taking prescription medication, under a doctor's care, are pregnant or breastfeeding.

Does not contain milk, soy, corn, wheat, yeast