



designs for health®

CAL/MAG 2:1

HIGHLY ABSORBABLE CALCIUM & MAGNESIUM
180 VEGETARIAN CAPSULES | NPN80087000 | CAM021-CN



When in balance, calcium and magnesium play vital roles in many areas of human health. Calcium is crucial for muscle contraction, proper blood clotting, wound healing, the secretion of hormones and enzymes, nerve transmission, the building of strong bones and teeth, and for inhibiting the build-up of lead in the body.

Magnesium, one of the most critical minerals in the human body, is involved in hundreds of enzyme reactions and plays a pivotal role in muscle relaxation, energy production, heart health, maintenance of proper blood pressure, and in helping to prevent the accumulation of aluminum, a toxic metal implicated in many common degenerative neurological disorders.

Calcium and magnesium work together in many ways. For instance, calcium is necessary for muscles to contract, while magnesium is needed for muscles to relax. Calcium works to stimulate nerves, while magnesium calms the nerves.

The patented forms calcium and magnesium in these products are bound to malic acid for excellent absorption in the body.

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Cal/Mag 2:1 offers calcium and magnesium in the standard 2:1 ratio, the ratio found in the human body. It has long been understood that the key to these two minerals comes, not simply from their extensive individual roles, but rather from the synergistic effects when they are in proper balance with one another.

SIGNS AND SYMPTOMS OF MAGNESIUM DEFICIENCY INCLUDE:

- Fatigue
- Irritability
- Becoming easily startled
- Muscle cramps/twitches
- Insomnia
- Difficulty phasing out background noises

A fundamental point is that overly imbalanced calcium supplementation can actually lead to a greater demand for magnesium.

GREAT BUFFERS FOR BALANCING PH

Both calcium and magnesium are alkalizing minerals, functioning as buffers which help keep the body's pH from becoming too acidic. Thus, these minerals can easily be depleted during this buffering process in situations involving high acid diets (protein/grains). For best results in raising patient levels of these minerals, consider combining Cal/Mag 2:1 with PaleoGreens™ or PaleoReds™.

WHO SHOULD CONSIDER CAL/MAG 2:1?

Cal/Mag 2:1 is ideal for people who are not consuming enough green leafy vegetables, nuts/seeds (magnesium sources), and dairy products (an ideal calcium source) to obtain adequate levels of these essential minerals.

Medicinal Ingredients (per capsule):

Calcium (Dicalcium malate).....150 mg
Magnesium (Dimagnesium malate)75 mg

Non-Medicinal Ingredients: Hypromellose, Magnesium stearate (vegetable source). **Recommended Dose:** Adults: Take 1 capsule 2 times per day. Take with food a few hours before or after taking other medications or natural health products.

Dosing recommendations are given for typical use based on an average 150 pound healthy adult. Healthcare practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage. Any product containing botanical substances has the potential for causing individual sensitivities. Individual monitoring, including liver function tests, may be appropriate.