

# Calcium & Magnesium Citrates

*With Calcium from MCHC*

## DESCRIPTION

Calcium & Magnesium Citrates provides calcium as citrate and as hydroxyapatite, a bioavailable source of calcium derived from whole bone.

## FUNCTIONS

The adult human body contains approximately 1,200 g of calcium, about 99% of which is present in the skeleton. Bone is constantly turning over, a continuous process of formation and resorption, carried on by the osteoblasts and osteoclasts bone cells. 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.

Osteoporosis, a condition of reduced bone mineral density that can increase risk of fractures, affects a large proportion of the elderly in developed countries. Caucasian and Asian women typically have low peak bone densities, and therefore, are at the greatest risk of developing osteoporosis. It is generally accepted that obtaining enough dietary calcium throughout life can significantly decrease the risk of developing osteoporosis. Among other factors, such as regular exercise, gender and race, calcium supplementation during childhood and adolescence appears to be a prerequisite for maintaining adequate bone density later in life. But even elderly osteoporotic patients can benefit significantly from supplementation with dietary calcium.

Calcium & Magnesium Citrates provides a highly beneficial source of dietary calcium together with other nutrients that assist in the maintenance of healthy bone structure and function. Vitamin D3 effectively raises blood levels of Vitamin D, a nutrient that helps support calcium absorption, and reduces the amount of calcium lost from bone resorption. Vitamin K helps activate specific proteins that bind to calcium and help maintain normal, healthy levels of essential trace mineral required for various hormonal processes that impact bone health and further supports the functions of calcium, magnesium and Vitamin D. Betaine hydrochloride is added to the formulation for its ability to help contribute to a lower pH environment which is conducive to calcium absorption.

## INDICATIONS

Calcium & Magnesium Citrate tablets may be a useful dietary supplement for individuals who wish to increase their intake of calcium and other nutritional factors for the maintenance of healthy bone function.

## FORMULA (WW #10327)

### 4 Tablets Contain:

Calcium (as citrate, hydroxyapatite) .....	750 mg
Vitamin D (as cholecalciferol).....	125 IU
Vitamin K (as phylloquinone).....	50 mcg
Magnesium (as citrate, oxide).....	500 mg
Boron (as citrate, aspartate, glycinate).....	3 mg
Betaine hydrochloride.....	50 mg

Other ingredients: Dicalcium phosphate, cellulose, modified cellulose gum, vegetable stearin, magnesium stearate, silica, and food glaze.

This product contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors.

## SUGGESTED USE

Adults take 4 tablets daily with meals or as directed by a healthcare professional.

## SIDE EFFECTS

No adverse effects have been reported.

## STORAGE

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

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.