



# Cal/Mag/D liquid

Introduced 2012



## What Is It?

Cal/Mag/D liquid provides calcium and magnesium in a 2:1 ratio, combined with vitamin D<sub>3</sub> to promote calcium utilization and enhance healthy bone mineralization. This formula combines highly bioavailable forms of calcium, magnesium and vitamin D in a great-tasting raspberry liquid for convenient dosing.\*

## Uses For Cal/Mag/D liquid

**Bone Health:** Randomized, double-blind, placebo-controlled studies have reported statistically significant benefits of calcium supplementation for bone health. Magnesium, like calcium, is an essential bone matrix mineral that promotes healthy bone metabolism. A trial involving 2,038 older individuals indicated that higher intakes of magnesium were positively associated with bone mineralization for certain individuals. Vitamin D promotes intestinal calcium and phosphorous absorption and reduces urinary calcium loss, essential mechanisms for maintaining healthy calcium levels in the body and for healthy bone composition. A recent 7-year study involving 36,282 women indicated that combined supplementation of calcium and vitamin D promoted healthy hip bones. Supplementation with calcium, magnesium and vitamin D provides synergistic support for bone health.\*

**Cardiovascular Support:** Magnesium supports cardiovascular health by helping to maintain healthy levels of cellular and plasma electrolytes, including calcium and potassium. Calcium also promotes healthy receptor function. Vitamin D may also provide cardiovascular support for some individuals, this has been attributed to its effect on calcium metabolism or possibly by helping to maintain healthy plasma renin function. Additionally, calcium and magnesium may help to promote healthy lipid metabolism.\*

## What Is The Source?

Calcium and magnesium are derived from the lime of rock. Citrate is derived from corn dextrose fermentation. Vitamin D<sub>3</sub> is derived from lanolin.

## Recommendations

Pure Encapsulations recommends 1 serving daily, with a meal, or as directed by a health professional.

## Are There Any Potential Side Effects Or Precautions?

High doses of magnesium can cause loose stools. If pregnant or lactating, or have a history of kidney stones, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

Calcium should be taken separately from certain antibiotics and thyroid medications. Calcium and magnesium should be taken separately from bisphosphonate medications. Consult your physician for more information.

## Cal/Mag/D liquid

two teaspoons (10 ml / 0.33 fl oz) contain	v
vitamin D (as cholecalciferol)(D <sub>3</sub> )	1,000 iu
calcium (as calcium citrate)	350 mg
magnesium (as magnesium citrate)	175 mg
other ingredients: purified water, xylitol, natural raspberry flavor, citric acid, xanthan gum, purified stevia extract, potassium sorbate	
serving size: two teaspoons (10 ml/0.33 fl oz)	
servings per container: 48	
1 serving daily, with a meal, or as directed by a health professional.	

*Risk factors for osteoporosis include sex, race, age and inadequate calcium intake. Populations at highest risk for osteoporosis include Caucasian, Asian, postmenopausal women, and elderly women and men. Adequate calcium intake throughout life is linked to a reduced risk of osteoporosis, as calcium helps to optimize peak bone mass during adolescence and early adulthood in conjunction with exercise and healthy diet. Calcium intake greater than 2,000 mg per day has no further known benefit to bone health.*