

Calcium (MCHA) with Magnesium

Supports healthy bone mineral composition[‡]

INDICATIONS

- Ages 18 and up
- Bone support[‡]

BENEFITS

- Supports bone mineral composition and bone health with bioavailable calcium[‡]
- Highly bioavailable magnesium chelate supports calcium metabolism and bone mineralization[‡]
- Supports cardiovascular function[‡]

FEATURES

- Offers bone-derived calcium microcrystalline hydroxyapatite (MCHA), containing minerals in their natural ratios, as well as residues of matrix, proteins and glycosaminoglycans
- Highly bioavailable magnesium chelate
- Made with high-quality ingredients backed by verifiable science

VERIFIABLE SCIENCE

Several clinical studies have reported that calcium hydroxyapatite supplementation supports bone mineral composition and promotes bone health.¹⁻³ Adequate calcium intake helps to optimize peak bone mass during adolescence and early adulthood in conjunction with exercise and healthy diet.⁴ Calcium intake greater than 2,000 mg per day has no further known benefit to bone health.^{5‡}

Magnesium activates the enzymes necessary for a number of physiological functions, including neuromuscular contractions, cardiac function and the regulation of the acid-alkaline balance in the body.⁶⁻⁹ Magnesium is necessary for the metabolism of carbohydrates, amino acids and fats, as well as cellular energy production and the utilization of calcium, phosphorus, sodium and potassium.¹⁰⁻¹⁶ In a 15-year study involving almost 5,000 young adults, higher intakes of magnesium were associated with healthy cardiovascular function and glucose utilization.¹⁷ Another large cross-sectional study found that magnesium intake was positively associated with bone mineral density in certain subgroups.^{18‡}

SUGGESTED USE

As a dietary supplement, take 2 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 microcrystalline hydroxyapatite is bovine sourced from cattle raised in Australia or New Zealand
- Magnesium is derived from elemental ore
- Citrate is derived from corn dextrose fermentation
- Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil

NOTES

Size 00 caps

Bottle count 180

Order code CHM1

Bottle size 290 cc/ 20 oz

REFERENCES

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[‡]These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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SUPPLEMENT FACTS

1 capsule, 1-2 times daily, with or between meals.

Each (size 00) vegetarian capsule contains:

Calcium (from microcrystalline hydroxyapatite) (bovine) 140 mg

Magnesium (as magnesium citrate) 70 mg

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



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	180	CHM1

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