Cal/Mag w/Cofactors powder

Supports healthy bone mineral composition‡

INDICATIONS

- Ages 18 and up
- Bone health support‡

BENEFITS

- Promotes healthy bone metabolism and mineralization‡
- Helps reduce urinary calcium loss and maintain healthy calcium levels in the body‡
- May help strengthen the connective structure in bone matrix‡

FEATURES

- Convenient powder formula for easy dispensing
- Made with high-quality vegetarian ingredients backed by verifiable science

VERIFIABLE SCIENCE

Randomized, double-blind, placebo-controlled studies have reported statistically significant benefits of calcium supplementation for bone health.[1,2] Magnesium, like calcium, is an essential bone matrix mineral that promotes healthy bone metabolism.[3] A trial involving 2,038 older individuals indicated that higher intakes of magnesium were positively associated with bone mineralization for certain individuals.[4] 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.[5] A 7-year study involving 36,282 women indicated that combined supplementation of calcium and vitamin D promoted healthy hip bones.[6] Boron supports calcium, phosphorous, magnesium and vitamin D metabolism and plays a role in reducing urinary calcium and magnesium excretion.[7] In addition, it strengthens the connective structure in bone matrix.[8] Silica is a component of connective tissue and studies have suggested that it supports bone and collagen formation. A cross-sectional study involving 2,847 people suggests that optimal silicon intake is positively related to bone mineral health, particularly for cortical bone.[9] Research suggests xylitol may help facilitate intestinal absorption and retention of calcium, as well as promote healthy bone structure and strength.[10‡]

SUGGESTED USE

As a dietary supplement, take 1 scoop daily, mixed with 8 oz water, or as directed by a health professional.

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, magnesium and boron are derived from the lime of rock
- Citrate is derived from corn dextrose fermentation
- Vitamin D_3 is derived from lanolin
- Xylitol is derived from corn cob and purified to be free of corn protein
- Silica is derived from bamboo stem (*bambusa vulgaris*) extract
- Natural flavor is derived from lemon and lime.
- Luo han guo (*momordica grosvenorii*) extract is derived from the fruit

NOTES

Size 1 scoop (approximately 5.25 grams) (2 tsp)

Bottle count 11.1 oz (315 g)

Order codes CMF3

Bottle size 19 oz

REFERENCES

1. Reid IR, et al. *Am J Med*. 2006 Sep;119(9):777-85.
2. Reid IR, et al. *Arch Intern Med*. 2008 Nov 10;168(20):2276-82.
3. Tonya S, et al. *Am J Clin Nutr*. 2014 Apr; 99(4): 926–933.
4. Ryder KM, et al. *J Am Geriatr Soc*. 2005 Nov;53(11):1875-80.
5. Aloia JF, et al. *Am J Clin Nutr*. 2014 Mar;99(3):624-31.

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6. Jackson RD, et al. *N Engl J Med*. 2006 Feb 16;354(7):669-83.
7. Meacham SL, et al. *Am J Clin Nutr*. 1995 Feb;61(2):341-5.
8. Newnham RE. *Environ Health Perspect*. 1994 Nov;102 Suppl 7:83-5.
9. Jugdaohsingh R, et al. *J Bone Miner Res*. 2004 Feb;19(2):297-307
10. Mattila PT, et al. *Metabolism*. 2002 Jan;51(1):92-6.

SUPPLEMENT FACTS

1 scoop daily, mixed with 8 oz water, or as directed by a health professional.

Serving size: 1 scoop (approximately 5.25 grams) (2 tsp)
Servings per container: approximately 60

One scoop (approximately 5.25 g) (2 tsp) contains:

Vitamin D (as cholecalciferol) (D_3)	10 mcg (400 IU)
Calcium (as calcium citrate)	500 mg
Magnesium (as magnesium citrate)	250 mg
Silica (from bamboo)	15 mg
Boron (as boron glycinate)	1 mg
Other ingredients: xylitol, natural lemon-lime flavor, luo han guo (*Momordica grosvenorii*) extract (fruit)	

GF NON GMO VEG

Cal/Mag w/Cofactors powder	Quantity	Order Code
	11.1 oz (315 g)	CMF3

Visit PureEncapsulationsPro.com for more information about our GMO policy.