



Manufacturers of
Hypo-allergenic
Nutritional
Supplements



Calcium (MCHA) with Magnesium

INTRODUCED 2005

What Is It?

Calcium microcrystalline hydroxyapatite (MCHA) is a calcium compound, containing minerals in their natural ratios, as well as residues of bone matrix, proteins, and glycosaminoglycans. Magnesium citrate provides additional support for bone and cardiovascular health in a highly bioavailable fully chelated form.*

Uses For Calcium (MCHA) with Magnesium

Bone: Multiple randomized, double-blind, placebo controlled studies have reported statistically significant positive results using calcium supplementation to help reduce the risk of osteoporosis for both women and men.[†] Magnesium, like calcium, is an essential bone matrix mineral that promotes healthy bone metabolism. Supplementation with calcium and magnesium provides synergistic support for bone health.*

[†]Risk factors for osteoporosis include sex, race, age and inadequate calcium intake. Populations at highest risk for osteoporosis include Caucasian, Asian, and 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.*

Cardiovascular: Magnesium supports cardiovascular health by helping to maintain healthy levels of cellular and plasma electrolytes, including calcium and potassium. Additionally, calcium and magnesium may help to promote healthy lipid metabolism and support healthy receptor function.*

What Is The Source?

Pure Encapsulations calcium microcrystalline hydroxyapatite is obtained from pasture-fed, pesticide-free bovine from New Zealand or Australia. Magnesium is derived from limestone. Citrate is derived from corn dextrose fermentation. Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation and palm oil.

Recommendations

Pure Encapsulations recommends 2 capsules daily, or as directed by your health professional, with or between meals.

Are There Any Potential Side Effects Or Precautions?

Magnesium citrate 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. Magnesium should be taken separately from Bisphosphonate medications. Consult your physician for more information.

Calcium (MCHA) with Magnesium

each vegetable capsule contains	 00
calcium (microcrystalline hydroxyapatite) (bovine)	140 mg
magnesium (citrate)	70 mg
vitamin C (as ascorbyl palmitate)	10 mg
2 capsules daily, or as directed by your health professional, with or between meals.	

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

For educational purposes only. Consult your physician for any health problems.



— Your Trusted Source —

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