



Manufacturers of  
Hypo-allergenic  
Nutritional  
Supplements



# Calcium Magnesium

## What Is It?

Calcium and magnesium in citrate and citrate/malate forms are highly bioavailable calcium and magnesium chelates, providing support for bone and cardiovascular health.\*

## Uses For Calcium 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, 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?

Calcium and magnesium are derived from limestone. Citrate is derived from corn dextrose fermentation. Malate is synthetic. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

## Recommendations

Pure Encapsulations recommends 3–6 capsules per day, in divided doses, with or between meals.

## Are There Any Potential Side Effects Or Precautions?

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 may need to be taken separately from certain antibiotics. Consult your physician for more information.

### Calcium Magnesium (citrate)

each vegetable capsule contains 00

calcium (citrate) .....	80 mg.
magnesium (citrate) .....	80 mg.
vitamin C (as ascorbyl palmitate) .....	10 mg.
3–6 capsules per day, in divided doses, with or between meals.	

### Calcium Magnesium (citrate/malate)

each vegetable capsule contains 00

calcium (citrate/malate) .....	75 mg.
magnesium (citrate/malate) .....	75 mg.
vitamin C (as ascorbyl palmitate) .....	10 mg.
3–6 capsules per day, in divided doses, 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.