

# Calcium & Magnesium Plus

With Boron & Vitamin D



## DESCRIPTION

Calcium & Magnesium Plus formula is designed to provide the structural components, as well as help support some of the complex biochemical and physiological processes involved in building and maintaining strong, healthy bone structure. Each tablet provides 500 mg of calcium and 250 mg of magnesium.

## FUNCTIONS

The adult human body contains approximately 1,200 g of calcium, about 99% of which is present in the skeleton, and 20-30 g of magnesium with about 60% located in bone. The process of building and maintaining bone structure involves numerous biochemical and physiological processes. Osteoblasts and osteoclasts are the two primary types of bone cells involved in maintaining skeletal structure. Osteoblasts are responsible for bone mineralization (building new bone). Osteoclasts are responsible for secreting acid and enzymes that help dissolve "old" bone tissue into calcium and other components, some of which may be reused by the body. This process is known as "resorption". In children and adolescents, the rate of formation of bone mineral predominates over the rate of resorption. In later life, resorption predominates over formation. Therefore, in normal aging, there is a gradual loss of bone. It is generally accepted that obtaining enough dietary calcium throughout life can significantly decrease the risk of developing osteoporosis. Among other factors, such as regular exercise, gender, and race, calcium supplementation during childhood and adolescence appears to be a prerequisite for maintaining adequate bone density later in life. But even elderly osteoporotic patients can benefit significantly from supplementation with dietary calcium. Other nutrients like boron, an essential trace mineral, is required for various hormonal process that impact bone health, and helps support the functions of calcium, magnesium, and vitamin D.

## INDICATIONS

Calcium & Magnesium Plus may be a useful dietary supplement for those looking to augment their calcium and magnesium intake without having to take numerous pills.

## SUGGESTED USE

Adults take one (1) tablet, two (2) times daily with meals or as directed by a healthcare professional.

## FORMULA (WW #10024)

### One Tablet Contains:

Calcium.....	500 mg
(as carbonate, citrate, amino acid chelate)	
Vitamin D (cholecalciferol) .....	25 IU
Magnesium.....	250 mg
(as oxide, citrate, amino acid chelate)	
Boron.....	1 mg
(as citrate, aspartate, amino acid chelate)	
Betaine hydrochloride.....	25 mg
Other Ingredients: cellulose, cellulose gum, stearic acid, calcium tricitrate, and pharmaceutical glaze. Contains soy.	

This product contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, preservatives, artificial colors or flavors.

## SIDE EFFECTS

No adverse effects have been reported.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

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