



# Cal Mag

A Calcium, Magnesium and D3 Supplement  
to Support Bone Function\*

## WHY DO WE NEED CALCIUM?

Calcium is the most abundant mineral in our bodies, making up 2% of our total body weight. It is necessary for most bodily functions and it is estimated that 80% of all American women are calcium deficient.\* Calcium is involved in the transmission of nerve impulses, muscle contraction (including the heart muscle), blood clotting, reducing cholesterol, enhancing the immune system, maintaining strong bones and teeth and proper sleep.\*

## WHAT FACTORS LEAD TO CALCIUM DEFICIENCY?

The most common factors leading to calcium deficiency are poor eating habits, stress and lack of exercise.\* Birth control pills draw on the body's calcium levels and large intakes of dietary fat, oxalic acid (present in chocolate) and phytic acid (found in wheat bran) can prevent the absorption of calcium in the body.\*

Excessive intake of phosphorus, which is present in most soft drinks and junk food, can also cause calcium loss from bones.\* The body needs phosphorus in a one-to-one ratio with calcium; however, too much phosphorus in the diet can inhibit calcium absorption.\* Emotional stress and physical stress due to injury, pregnancy or a strict diet can also lead to calcium loss.\* Stress may also increase cortisone production in the body which can interfere with calcium absorption.\*

Women are more prone to calcium deficiencies than men. Women lose bone very rapidly in the first few years after menopause.\* Until menopause, estrogen seems to control the function of the parathyroid gland that monitors the release of calcium from the bones.\* After menopause, this monitoring system can be adversely affected and calcium may be lost.\*

Some individuals are at higher risk for calcium loss than others.\* Risk factors include small bones, short stature, fair complexion, slender body type, high alcohol consumption, smoking, lack of exercise and insufficient dietary calcium.\*

## WHAT ARE THE SYMPTOMS OF CALCIUM DEFICIENCY?

Calcium deficiency symptoms include irritability and nervousness, muscle cramping and fatigue, osteoporosis, periodontal disease, insomnia, high blood pressure, menstrual problems, confusion, throat spasms and twitching and jerking of the major or minor muscles.\*

## WHAT IS THE RECOMMENDED DAILY ALLOWANCE (RDA) FOR CALCIUM AND WHICH FOODS ARE THE BEST SOURCES?

The RDA for calcium for adults is from 800 to 1,200 mg. However, most nutritionists recommend 1,000 to 1,500 mg daily for women, long before the start of menopause to prevent calcium deficiency which may lead to osteoporosis.\* Calcium-rich food sources include milk and milk products like cheese and yogurt, plus dark green leafy vegetables, almonds, walnuts, sunflower seeds, egg yolks, salmon and sardines.

## WHAT FACTORS ARE INVOLVED IN THE METABOLISM AND ABSORPTION OF CALCIUM?

Utilization of calcium depends particularly on correct phosphorus and magnesium levels.\* In general, we should have a two-to-one ratio of calcium to magnesium.\* A deficiency of magnesium decreases calcium as well as potassium levels leading to enzyme problems that can interfere with calcium metabolism.\*

Calcium and magnesium work synergistically to benefit the health of the cardiovascular system.\* Calcium also works together with phosphorus, and both are involved in the health of the bones and teeth.\*

Both magnesium and phosphorus facilitate calcium absorption in the body.\* Vitamins A and C also assist in the metabolism of calcium, and Vitamin D is required for its absorption.\*

## DO CALCIUM SUPPLEMENTS WORK?

Yes, one of the best ways to receive sufficient calcium levels is through supplementation.\* Calcium supplementation in the range of 1,000 mg daily supports regeneration of bone and maintenance of blood pressure within normal range.\*

## Supplement Facts

### Serving Size: 2 Tablets

### Amount Per Serving

|                                      |        |
|--------------------------------------|--------|
| Vitamin D3 (as Cholecalciferol)      | 50 IU  |
| Calcium (as Ca Amino Acid Chelate)   | 500 mg |
| Magnesium (as Mg Amino Acid Chelate) | 200 mg |

Other Ingredients: microcrystalline cellulose, stearic acid, vegetable stearate, croscarmellose sodium, silicon dioxide, pharmaceutical glaze.

**Warning:** If pregnant or nursing, consult your healthcare practitioner before taking this product.

**Suggested Use:** As a dietary supplement, take 2 tablets with lunch and 2 tablets with dinner, or as directed by your healthcare practitioner.

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Indian Trail, NC 28079  
704-282-(WELL)9355  
www.doctorscotts.com

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