

# Cal-Mag 2:1 Plus

## Bioavailable Calcium & Magnesium Combination



### Clinical Applications

- Bone and Teeth Support\*
- Muscle relaxation\*
- Energy production\*
- Cardiovascular Support\*

Calcium, magnesium, and vitamin D are each essential for healthy bone formation.\* Calcium and vitamin D support bone mineral density while magnesium supports bone strength and remodeling.\* Cal-Mag 2:1 Plus supplies calcium citrate, a highly absorbable, well-tolerated source of calcium, balanced with magnesium in a 2:1 ratio..

All Adaptogen Research Formulas Meet or Exceed cGMP Quality

### Discussion

**Cal-Mag 2:1 Plus** supplies calcium citrate, a highly absorbable, well-tolerated source of calcium, balanced with magnesium in a 2:1 ratio. Magnesium bisglycinate chelate from Albion® Laboratories provides highly absorbable magnesium that is unusually well-tolerated without GI side effects. Natural vitamin D3 assists calcium absorption to enhance benefits for bone health.\*

**The importance of bioavailability is obvious.** If consuming a mineral supplement has little effect on improving the body's mineral balance, there is no reason to ingest it. Signs of inferior mineral supplements include the use of cheap, poorly absorbed, rock-salt minerals like calcium carbonate and magnesium oxide. These mineral forms slow and limit absorption, relying on adequate stomach acid to release calcium ions which then enter the body via passive diffusion. And, because they tend to remain in the intestines longer, these forms of mineral supplements can cause intestinal distress such as constipation (calcium carbonate) or diarrhea (magnesium oxide).

**Calcium** with **Magnesium** in a 2:1 ratio plays vital roles in many areas of human health. In this balance they found in the human body

**Calcium** is crucial for muscle contraction, proper blood clotting, wound healing, the secretion of hormones and enzymes, nerve transmission, the building of strong bones and teeth, and for inhibiting the build-up of lead in the body.

**Magnesium**, one of the most critical minerals in the human body, is involved in hundreds of enzyme reactions and plays a pivotal role in muscle relaxation, energy production, heart health, maintenance of proper blood pressure, and in helping to prevent the accumulation of aluminum, a toxic metal implicated in many common degenerative neurological disorders.

**Calcium and magnesium** work together in many ways. For instance, calcium is necessary for muscles to contract, while magnesium is needed for muscles to relax. Calcium works to stimulate nerves, while magnesium calms the nerves.

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



Distributed by: Adaptogen Research  
625 Barksdale Road, Suite 113  
Newark, DE 19711

**Cal-Mag 2:1 Plus**  
Bioavailable calcium and magnesium combination



## Supplement Facts

Serving Size 2 Tablets  
Servings Per Container 60

Amount Per 2 Tablets	% Daily Value	
Vitamin D <sub>3</sub> (as cholecalciferol)	2.5 mcg	13%
Calcium (as calcium citrate)	250 mg	19%
Magnesium (as TRAACS® magnesium bisglycinate chelate, magnesium oxide‡)	125 mg	30%

Other Ingredients: Acacia fiber(Acacia seyal)(bark exudate gum), croscarmellose sodium, microcrystalline cellulose, stearic acid, silicon dioxide, hydroxypropyl cellulose, magnesium stearate, and polyethylene glycol coating.

### Suggested Use

2 tablets, 1 to 2 times daily with food or as directed by a healthcare professional.

### Caution

If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your healthcare professional before using this product. Keep out of reach of children.

‡Albion® and TRAACS® are registered trademarks of Albion® Laboratories, Inc.

### Allergy Statement

Free of the following common allergens: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat, and soybeans. Contains no artificial colors, flavors, or preservatives.

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

Distributed by: Adaptogen Research  
625 Barksdale Road, Suite 113  
Newark, DE 19711