

Calcium Magnesium (citrate/malate)

Mineral chelates for healthy bones[†]

INDICATIONS

- Ages 18 and up
- Healthy bone support[†]

BENEFITS

- Supports cardiovascular and skeletal health[†]
- Promotes bone health to reduce risk of osteoporosis[†]

FEATURES

- Highly bioavailable forms of calcium and magnesium
- Made with high-quality vegan ingredients backed by verifiable science

VERIFIABLE SCIENCE

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.¹⁻³

Magnesium, like calcium, is an essential bone matrix mineral that promotes healthy bone metabolism.⁴ Supplementation with calcium and magnesium provides synergistic support for bone health.⁵ 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.⁶ 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.⁷ Calcium intake greater than 2,000 mg per day has no further known benefit to bone health. Magnesium supports cardiovascular health by helping to maintain healthy levels of cellular and plasma electrolytes, including calcium and potassium.⁸ Additionally, calcium and magnesium may help to promote healthy lipid metabolism.^{9†}

SUGGESTED USE

As a dietary supplement, take 3 capsules, 1-2 times daily, with or between meals.

STORAGE

Store in a cool, dry place.

WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

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

NOTES

Size 00 caps

Bottle count 180

Order code CMC1

Bottle size 20 oz

REFERENCES

1. Dawson-Hughes B, et. al. *N Engl J Med.* 1990 Sep 27;323(13):878-83.
2. Ruml LA, et. al. *Am J Ther.* 1999 Nov;6(6):303-11.
3. Kalluru R, et. al. *Osteoporos Int.* 2015 Jan;26(1):173-8.
4. Dimai HP, et. al. *J Clin Endocrinol Metab.* 1998 Aug;83(8):2742-8.
5. Abraham GE, et. al. *J Reprod Med.* 1990 May;35(5):503-7.
6. Cauley J. *Clin Orthop Relat Res.* 2011 Jul; 469(7): 1891-1899.
7. Demontiero O, et. al. *Ther Adv Musculoskelet Dis.* 2012 Apr; 4(2):61-76.
8. Shechter M, et. al. *Am J Cardiol.* 2003 Mar 1;91(5):517-21.
9. Reid IR, et. al. *Am J Med.* 2002 Apr 1;112(5):343-7.

Calcium Magnesium (citrate/malate)

Mineral chelates for healthy bones[†]

SUPPLEMENT FACTS

3 capsules, 1-2 times daily, with or between meals.

Three (size 00) vegetarian capsules contain:

Calcium (as calcium citrate/malate) 225 mg

Magnesium (as magnesium citrate/malate) 225 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate



Calcium Magnesium (citrate/malate)	Quantity	Order Code
	180	CMC1

Visit PureEncapsulationsPro.com for more information about our GMO policy.

[†]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.

800.753.2277 | PureEncapsulationsPro.com

©2022 Pure Encapsulations, LLC. All Rights Reserved.

pure
encapsulations®