

Cal/Mag 1:1 (Item # 2006)

Plant-Based to Enhance Bio-Availability

Why Cal/Mag?

According to the United States Food and Drug Administration 68% of all Americans are not getting enough calcium. Approximately 75% of the United States population is deficient in magnesium. You've heard the old saying: "You are what your eat". A more accurate version of that saying would be: "You are what your body is able to absorb". A mineral that is not bio-available cannot make its way into the bones to strengthen them. The amount absorbed is actually more important than the quantity consumed.

With all the research and data which indicates the most bio-available forms of any mineral is in the form of "Chelates", still there is widespread use of inorganic forms of calcium for supplementation, such as oyster shells and limestone. By properly combining [chelating] minerals with an amino acid [a component of protein] to create an organic chelate, 57% more replacement calcium is delivered to the bones than with inorganic calcium. Taking a complex of various "chelates" insures that all the cells in the body get enough Calcium and Magnesium. Our Cal/Mag capsules contain Amino Acid Chelate, Citrate, Aspartate, Arginate Malate, Succinate, and Lactate.

Dosage: Take 2 vegi-capsules with each meal or as directed by a qualified health professional.

Ingredients Explained

Calcium –Calcium is a naturally occurring mineral that is needed by the body to build and maintain strong bones and teeth. Because calcium is not made in the body, it must be absorbed from a person's dietary or supplement intake. Calcium is shed from the body in skin, nails, hair, sweat, urine, and feces. When a person does not get enough calcium through their diet or supplementation, the body must break down bone to obtain the mineral.

Magnesium - Magnesium is the fourth most abundant mineral in the body and is essential to good health. Approximately 50% of total body magnesium is found in bone. The other half is found predominantly inside cells of body tissues and organs. Only 1% of magnesium is found in blood, but the body works very hard to keep blood levels of magnesium constant. Magnesium is needed for more than 300 biochemical reactions in the body. It helps maintain normal muscle and nerve function, keeps heart rhythm steady, supports a healthy immune system, and keeps bones strong. Magnesium also helps regulate blood sugar levels, promotes normal blood pressure, and is known to be involved in energy metabolism and protein synthesis. There is an increased interest in the role of magnesium in preventing and managing disorders such as hypertension, cardiovascular disease, and diabetes. Dietary magnesium is absorbed in the small intestines. Magnesium is excreted through the kidneys.

Vitamin D-3 - Vitamin D is a group of fat-soluble prohormones, the two major forms of which are vitamin D2 (or ergocalciferol) and vitamin D3 (or cholecalciferol). The term vitamin D also refers to metabolites and other analogues of these

substances. Vitamin D3 is produced in skin exposed to sunlight, specifically ultraviolet B radiation.

Vitamin D plays an important role in the maintenance of organ systems.

- Vitamin D regulates the calcium and phosphorus levels in the blood by promoting their absorption from food in the intestines, and by promoting re-absorption of calcium in the kidneys.
- It promotes bone formation and mineralization and is essential in the development of an intact and strong skeleton. However, at very high levels it will promote the resorption of bone.
- It inhibits parathyroid hormone secretion from the parathyroid gland. Vitamin D affects the immune system by promoting phagocytosis, anti-tumor activity, and immunomodulatory functions.

Boron - It enhances the body's ability to use calcium, magnesium, as well as vitamin D. It also seems to assist in brain functioning and recognition. Boron seems to prevent calcium and magnesium from being lost in the urine and may help with decreasing menstrual pain by increasing the oestradiol level, which is a very active type of estrogen. People have also reported the reduction of arthritis symptoms with an intake of Boron.

Food Enzymes - Enzymes do much more in your body than help digest food. Enzymes are responsible for every single chemical reaction in every single cell of your body. All your minerals, herbs, vitamins and hormones cannot do their jobs without enzymes. You can't lift an arm or think one thought without the help of enzymes. In fact, you could say that enzymes are, biologically speaking, the source of life. A diet without a source of live enzymes is removed from the source of life. Things removed from their source of life slowly begin to die. For us, that leads to disease, excessive weight gain, depression and many other maladies that plague us today.

Tracite - Tracite Fulvic Minerals is a combination of 77 trace minerals and elements that are necessary for a healthy and vibrant life. Ninety-five percent of the human body's functions require minerals and trace elements. Tracite is an iron based, plant derived, trace mineral composition rich in chromium, vanadium and selenium. It is also rich in macro-minerals, trace minerals, trace elements and especially fulvic acid.

Ordering Information

Cal/Mag (Item #2006) 180 Vegi-Capsules

Conveniently Order On-line at: <http://UniversalFormulas.com>

**Please DO NOT modify levels of any prescribed medication
without first consulting your physician.**

Required FDA Statement:

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of

these products as a form of treatment. We assume no responsibility if you prescribe for yourself without your doctor's approval.