



## Cal Mag Zinc

For athletes, active lifestyle and fitness enthusiasts, **Calcium** is vital for building and maintaining strong bones, blood clotting, muscle function, release of hormones and enzymes as well as assisting nerves in transmitting impulses.

This unique 3-in-1 formula also includes **Magnesium** (500 mg per two tablets) which is needed for making new cells, activating B vitamins, relaxing muscles, clotting blood, energy metabolism and is concentrated in the bones and teeth.

It also helps keep cells electrically stable, maintains proper blood pressure and, with calcium, regulates energy levels and maintains normal heart function and nerve transmission.

**Zinc** is an essential trace mineral necessary for the activity of more than 300 different enzymes. Special chelates ("claws" that hold the nutrient and allow for better bio-availability) enhance the delivery and utilization of the minerals.

Vitamin D has been added to the formulation as it aids in the absorption of calcium from the intestinal tract and the breakdown and assimilation of phosphorus— which is required for bone formation.

Glutamic Acid and Betaine HCl help with digestion and absorption.

### Over 35

In a double-blind, placebo-controlled study, researchers at the USDA Human Nutrition Research Center on Aging at Tufts University studied bone density in approximately 400 older men and women. Subjects were randomly divided into two groups, given either 500 mg of calcium and 700 IU of Vitamin D or a placebo, and followed for a three-year period. The group that received the Calcium and Vitamin D experienced better bone health than those taking a placebo.

Researchers in the Netherlands conducted a meta-analysis of 33 studies on calcium and bone mass in adults 18 to 50 years of age. The intervention trials indicated that 1,000 mg of calcium a day given as a dietary supplement in premenopausal women can help slow down the loss of more than 1% of bone per year at most bone sites.

Research supports the fact that it may never be too late to supplement with calcium, especially in the elderly. A study published in the New England Journal of Medicine found that calcium and Vitamin D supplementation not only slowed bone loss, but also helped maintain optimum bone mass in women over the age 69.

### A Little Vanity Never Hurts...

From a cosmetic standpoint, there is anecdotal evidence from hair salons, day spas and other cosmetic venues that report this Cal Mag Zinc formula has been instrumental in helping to strengthen hair and nails.

### Supplement Facts

Serving Size 3 Tablets  
Servings per Container 30

Amount Per Serving		% D.V.*
Vitamin D	400 IU	100 %
Calcium (as Calcium Amino Acid Chelate)	1,000 mg	100 %
Magnesium (as Magnesium Amino Acid Chelate)	500 mg	125 %
Zinc (as Zinc Amino Acid Chelate)	25 mg	167 %
Glutamic Acid HCl	100 mg	†
Betaine HCl	100 mg	†

\*Percent Daily Values are based upon a 2,000 calorie diet.  
†Daily Value not established

Other Ingredients: Microcrystalline Cellulose, Steric Acid and Magnesium Stearate.