

Cal/Mag 2:1 & 1:1

designs for health®

Highly absorbable calcium & magnesium

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When in balance, calcium and magnesium play vital roles in many areas of human health. 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.

The patented forms calcium and magnesium in these products are bound to malic acid for excellent absorption in the body.

Two choices for calcium with magnesium supplementation

Cal/Mag 2:1 offers calcium and magnesium in the standard 2:1 ratio, the ratio found in the human body. It has long been understood that the key to these two minerals comes, not simply from their extensive individual roles, but rather from the synergistic effects when they are in proper balance with one another.

Cal/Mag 1:1 offers calcium and magnesium in equal amounts to one another, with 200 mg of each mineral per a 2 capsule serving. While the standard ratio for calcium to magnesium is 2:1, magnesium deficiencies have become very common in the US, often caused by stress, alcohol consumption, exercise, excessive sweating, certain medications such as birth control pills, various antibiotics, and common diuretics.

Signs and symptoms of magnesium deficiency include:

- Fatigue
- Irritability
- Becoming easily startled
- Muscle cramps/twitches
- Difficulty phasing out background noises
- Insomnia

A fundamental point is that overly imbalanced calcium supplementation can actually lead to a greater demand for magnesium.

CalMag 2:1

Supplement Facts

Serving Size 2 capsules

Servings Per Container 90

Amount Per Serving	% Daily Value	
Calcium	300 mg	30%
(as DimaCal® Di-Calcium Malate)		
Magnesium	150 mg	38%
(as Di-Magnesium Malate)		

Other Ingredients: Cellulose (capsule), vegetable stearate.

CalMag 1:1

Supplement Facts

Serving Size 2 capsules

Servings Per Container 90

Amount Per Serving	% Daily Value	
Calcium	200 mg	20%
(as DimaCal® Di-Calcium Malate)		
Magnesium	200 mg	50%
(as Di-Magnesium Malate)		

Other Ingredients: Cellulose (capsule), microcrystalline cellulose, vegetable stearate.



Great buffers for balancing pH

Both calcium and magnesium are alkalizing minerals, functioning as buffers which help keep the body's pH from becoming too acidic. Thus, these minerals can easily be depleted during this buffering process in situations involving high acid diets (protein/grains). For best results in raising patient levels of these minerals, consider combining either Cal/Mag 1:1 or Cal/Mag 2:1 with alkalizing foods (mainly fruits and vegetables) or with PaleoGreens™ or PaleoReds™.

Who should consider Cal/Mag 2:1?

Cal/Mag 2:1 is ideal for people who are not consuming enough green leafy vegetables, nuts/seeds (magnesium sources), and dairy products (an ideal calcium source) to obtain adequate levels of these essential minerals.

Who should consider Cal/Mag 1:1?

Cal/Mag 1:1 is ideal for people who exhibit signs of a magnesium deficiency (mentioned on page 1) and/or for people whose magnesium levels test low, so that they can help to restore the calcium-magnesium balance.

How to Take

- As a dietary supplement, take two capsules per day with meals, or as directed by your health care practitioner.

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To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at www.designsforhealth.com.