

# Cal/Mag 2:1

*Highly absorbable calcium & magnesium*

Cal/Mag 2:1 provides the minerals calcium and magnesium in a 2:1 ratio to ensure a healthy balance of these two essential nutrients—something that can be difficult to achieve solely through diet.

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, and for building strong bones and teeth.\* Magnesium, one of the most critical minerals in the human body, is involved in over three hundred enzyme reactions and plays a pivotal role in muscle relaxation, energy production, heart health, maintaining proper blood pressure, and supporting healthy blood sugar levels.\*

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. Because of these opposing but equally important functions, imbalances in these two nutrients may contribute to suboptimal functioning of multiple systems in the body.

Calcium supplementation has become popular over the last several years for the purpose of supporting bone health. However, bones are more than just calcium, and supplementing calcium without its complementary nutrients—including magnesium—may not have the intended beneficial effect on bone density. (Bone tissue contains 99% of the body's calcium but also contains as much as 60% of the body's magnesium.) Overly imbalanced calcium supplementation may actually increase the need for magnesium, a nutrient that is typically already in short supply in the modern diet. (Processing and refining of certain foods, such as whole grains, may reduce their magnesium content. Rich sources of magnesium include beans, nuts and seeds, and select leafy greens.)

Cal/Mag 2:1 offers calcium and magnesium in a 2:1 ratio: 300 mg calcium and 150 mg magnesium per 2-capsule serving. The body's requirement for calcium is higher than that for magnesium, but compared to magnesium, calcium is relatively abundant in the food supply, particularly for people whose diets include dairy products. Nevertheless, some individuals may benefit from additional calcium via supplementation and providing magnesium when supplementing with calcium is important because several commonplace factors increase the body's need for magnesium, including exercise, heavy alcohol or coffee consumption, excessive sweating, and certain commonly used medications. In addition to the roles for magnesium mentioned above, adequate magnesium levels in the body may support restful sleep and help promote physical relaxation as well as mental and emotional calm.

**Recommended Use:** As a dietary supplement, take two capsules per day with a meal, or as directed by your health care practitioner.

## **Benefits of Cal/Mag 2:1\*:**

- Supports healthy bones
- Facilitates proper muscle contraction and relaxation
- Promotes cardiovascular and blood vessel function
- Supports healthy blood pressure



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

\*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.

**TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).**