



2:1 Cal-Mag Citrate with Zinc and Vitamin D

Nature's Harmony® Cal-Mag Citrate with Zinc and Vitamin D in a 2:1 ratio is a scientifically balanced formula for maximum absorption and utilization of each ingredient to benefit the body. Nature's Harmony® Cal-Mag supplement provides an optimum formulation for the prevention of osteoporosis.

PRODUCT CODE: 400152

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
For strengthening bones and teeth. For the maintenance of healthy blood pressure levels.	Caplet	1 to 6 caps a day a few hours after taking medication!

DESCRIPTION:

Nature's Harmony® Cal-Mag supplement provides 150 mg of calcium and 75 mg of magnesium (2:1 ratio). In addition to their primary role of ensuring strong bones and teeth, the ingredients in this supplement provide the following benefits:

Calcium:	<ul style="list-style-type: none"> • Helps muscles contract and relax, and supports nerve function. • Plays an important role in blood clotting and maintaining blood pressure.
Magnesium:	<ul style="list-style-type: none"> • Important for protein building, muscle contraction and the transmission of nerve impulses. • May prevent migraine headaches and reduce high blood pressure.
Vitamin D:	<ul style="list-style-type: none"> • Regulates body calcium and phosphorus levels. • Helps the intestine absorb the minerals calcium and magnesium.
Zinc (a trace mineral):	<ul style="list-style-type: none"> • Necessary for growth and reproduction. • Supports immunity.
Recommended Daily Allowance:	Dosage varies, depending on age.
Food Sources:	<p>Calcium - dairy products, baked beans, soybeans, tofu, sardines, tinned salmon with bones, leafy green veggies.</p> <p>Magnesium - nuts, seeds, legumes, spinach and chard.</p> <p>Vitamin D - liver, fish, milk, soy and rice beverages, eggs, butter and margarine.</p> <p>Zinc - seafood, red meat, poultry, yogurt, wheat bran, wheat germ and whole grains.</p>
Causes of Deficiency:	Poor dietary choices; inadequate sunshine (vitamin D).
Symptoms of Deficiency:	Deficiencies in teeth and bone development, elevated blood pressure levels, osteoporosis, muscle cramps.
Complementary Nutrients:	Phosphorus, antioxidants.



DID YOU KNOW...

In a two-year exercise trial, higher dietary calcium intakes were associated with weight loss.

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HOW IT WORKS:

A balanced formula of calcium and magnesium with vitamin D and zinc works for optimal bone health.

Calcium: To be well absorbed by the body, calcium must react with hydrochloric acid (HCl) in the stomach. The advantage of taking a supplement with calcium citrate is that this form does not require the action of HCl and is, therefore, more readily adsorbed by people with reduced stomach acid.

Magnesium: Magnesium is a critical factor in bone health since, without it, there can be no normal calcium metabolism or synthesis of vitamin D. It is involved in the skeletal bone-crystal (hydroxyapatite) formation. Magnesium helps to bind calcium to tooth enamel.

Vitamin D: This important vitamin is involved in bone formation. A deficiency of vitamin D increases the risk of osteoporosis by reducing bone mass and density. Vitamin D facilitates the absorption of calcium from the intestines and, therefore, helps to regulate the amount of calcium in the blood.

Zinc: The addition of zinc helps to ensure the synthesis of a healthy bone matrix.

RESEARCH:

Countless clinical studies have proven beyond a doubt that the combined impact of calcium, magnesium, vitamin D and zinc significantly reduces your risk of osteoporosis and helps with the maintenance of healthy bones and teeth.

SIDE EFFECTS:

No known side effects to date.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Do not exceed the daily recommended dosage of vitamins and minerals, obtained from both food and supplements. Excessive calcium may cause kidney stones although the citrate form of calcium has limited to zero risk of kidney stone formation. Excess vitamin D may cause stomach or digestive upset. Excess zinc may deplete copper.

LABEL:

Natures Harmony®

2:1 Citrate de cal-mag avec zinc et vitamine D

100 comprimés

Pour des os et des dents en santé

2:1 Cal-Mag Citrate with Zinc and Vitamin D

100 Tablets

For Healthy Bones and Teeth

Actual Size Grandeur réelle

DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI L'OPERCULE INTÉRIEUR EST BRISÉ.

www.naturesharmony.com

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Usage recommandé : La consommation de calcium, et de vitamine D aide au développement et au maintien des os et des dents.

Dose recommandée (adultes) : Prendre 1 à 6 comprimés par jour. Prendre quelques heures avant ou après avoir pris un médicament.

Ingédients médicinaux : Chaque comprimé contient : Calcium (citrate)150 mg Magnésium (citrate)75 mg Zinc (citrate)2,5 mg Vitamine D3 (cholecalciférol)100 UI

Ingédients non-médicinaux : dioxyde de silicium, amidon de maïs, croscarmellose sodique, α -alpha tocophérol, gélatine, hypromellose, stéarate de magnésium, huile de fèves de soya partiellement hydrogénée, polyéthylène glycol, eau purifiée, acide stéarique, sucrose.

Information sur les risques : Certaines personnes pourraient souffrir de diarrhée.

Ce produit ne contient pas d'ingrédients laitier, gluten, ni colorants, arômes ou agents de conservation artificiels.

Recommended Use: Calcium and Vitamin D are factors in the normal development and maintenance of bones and teeth.

Recommended Dose (Adults): Take 1 to 6 tablets daily, a few hours before or after taking medications.

Medicinal Ingredients: Each tablet contains: Calcium (citrate)150 mg Magnesium (citrate)75 mg Zinc (citrate)2.5 mg Vitamin D3 (cholecalciferol)100 IU

Non-medicinal Ingredients: silicon dioxide, corn starch, croscarmellose sodium, α -alpha tocopherol, gelatin, hypromellose, magnesium stearate, partially hydrogenated soybean oil, polyethylene glycol, purified water, stearic acid, sucrose.

Risk Information: Some people may experience diarrhea.

This product does not contain dairy, gluten or artificial colours, flavours or preservatives.

RANGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE PORTÉE DES ENFANTS. **STORE IN A COOL DRY PLACE. KEEP OUT OF REACH OF CHILDREN.**