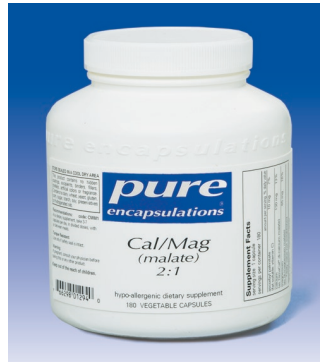




Manufacturers of  
Hypo-allergenic  
Nutritional  
Supplements



# Calcium Magnesium (malate) 2:1

INTRODUCED MAY 2010

## What Is It?

Calcium Magnesium (malate) 2:1 combines di-calcium malate and di-magnesium malate in a 2:1 ratio for the highest elemental calcium and magnesium per capsule. These minerals are fully chelated with Krebs cycle intermediate malate for optimal absorption.

## Uses For Calcium Magnesium (malate) 2:1

**Bone Support:** Randomized, double blind, placebo-controlled studies have reported statistically significant benefits of calcium supplementation for bone health and osteoporosis support<sup>†</sup>. Magnesium, like calcium, is an essential bone matrix mineral that promotes healthy bone metabolism. A trial involving 2,038 older individuals indicated that higher intakes of magnesium were positively associated with bone mineralization for certain individuals. Supplementation with calcium and magnesium provides synergistic support for bone health.\*

<sup>†</sup>Risk factors for osteoporosis include sex, race, age and inadequate calcium intake. Populations at highest risk for osteoporosis include Caucasian, Asian, postmenopausal women, and elderly women and men. Adequate calcium intake throughout life is linked to a reduced risk of osteoporosis, as calcium helps to optimize peak bone mass during adolescence and early adulthood in conjunction with exercise and healthy diet. Calcium intake greater than 2,000 mg per day has no further known benefit to bone health.

**Cardiovascular Support:** Magnesium supports cardiovascular health by helping to maintain healthy levels of cellular and plasma electrolytes, including calcium and potassium. Calcium also promotes healthy receptor function. Additionally, calcium and magnesium may help to promote healthy lipid metabolism.\*

## What Is The Source?

Calcium, magnesium and boron are derived from the lime of rock. Malate is synthetic. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

DimaCal<sup>®</sup> is a registered trademark of Albion Laboratories, Inc. Malates covered by U.S. Patent 6,706,904 and patents pending.

## Recommendations

Pure Encapsulations recommends 3-7 capsules per day, in divided doses, with or between meals.

## Are There Any Potential Side Effects Or Precautions?

High doses of magnesium can cause loose stools. If pregnant or lactating, or have a history of kidney stones, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

Calcium should be taken separately from certain antibiotics and thyroid medications. Calcium and magnesium should be taken separately from bisphosphonate medications. Consult your physician for more information.

### Calcium Magnesium (malate) 2:1

each vegetable capsule contains  v 00

calcium (as DimaCal <sup>®</sup> di-calcium malate).....	130 mg
magnesium (as di-magnesium malate) .....	65 mg
ascorbyl palmitate (fat-soluble vitamin C) .....	10 mg

3-7 capsules per day, in divided doses, with or between meals.

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.