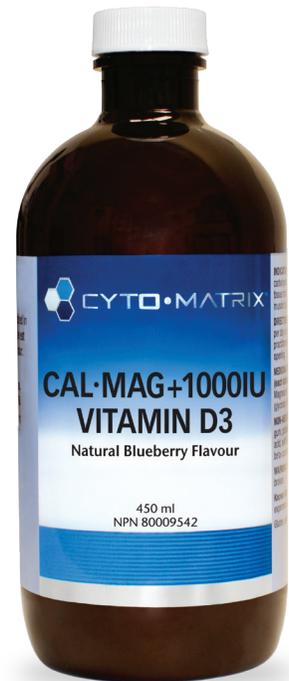


Cal·Mag + 1000IU Vitamin D3

A well-absorbed blend of calcium, magnesium and vitamin D3 in a convenient liquid form and a delicious blueberry flavour.

Each tablespoon (15ml) contains:

Calcium (calcium citrate)	500mg
Magnesium (magnesium citrate)	200mg
Vitamin D (vitamin D3)	1000IU (25mcg)



450ml bottle

Gluten, soy and dairy free.

Calcium has been one of the most supplemented nutrients in the world ever since it was acknowledged for its crucial role in bone mineral density. However, research has come quite a long way since this discovery, acknowledging the importance of other nutrients such as magnesium and vitamin D3 for skeletal health.

Moreover, these nutrients work together to improve health outcomes outside the realm of bone health. Various blends of calcium, magnesium and vitamin D3 have shown to be beneficial in clinical trials related to premenstrual cramping, muscle cramping, leg cramps in pregnancy, preeclampsia and even heartburn.

These three nutrients have unique and interconnected relationships. The actions of calcium and magnesium oppose one another in the musculoskeletal system, with calcium needed for muscle contraction and magnesium needed for muscle relaxation. Vitamin D3 is needed for calcium absorption from the digestive tract, while magnesium is needed to activate enzymes related to vitamin D3 metabolism. In fact, individuals that are magnesium-replete are much less likely to be vitamin D3 deficient. A deficiency in any one of these nutrients can disrupt the overall balance in the body.

Key points

- 500mg of calcium (citrate) and 200mg of magnesium (citrate) per TBSP, providing an evidence-based 2.5:1 ratio of calcium to magnesium
- Additional 1000 IU of vitamin D3 per TBSP
- Creamy and non-chalky texture with a naturally sweetened blueberry flavour
- 30 servings provided per 450mL bottle

Although there is no definitive research to declare the optimal ratio of calcium to magnesium, evidence does show that high calcium diets can lower magnesium stores and decrease magnesium absorption. With this in mind, a 2:1 or 3:1 ratio of calcium to magnesium is generally accepted as well-balanced in the general population.

Mineral form can greatly impact absorption rates. Research shows that calcium citrate is significantly better absorbed when compared to calcium carbonate. Citrate forms do not require adequate stomach acid to be optimally absorbed, unlike calcium carbonate which is severely impacted by low stomach acid.

Cyto-Matrix's **Cal-Mag+ 1000 IU Vitamin D3 Liquid** provides 500mg of elemental calcium, 200mg of elemental magnesium and 1000 IU of vitamin D3 per TBSP. Both minerals are provided in the highly bioavailable citrate form. The blend is minimally sweetened with a natural blueberry flavour. The great taste and liquid delivery of **Cal-Mag + 1000 IU Vitamin D3 Liquid** act to significantly enhance patient compliance to your prescription.

Related products

Cyto D3 Liquid

Mag Matrix Liquid

Mag Bis-glycinate 300mg Liquid

K2 D3 Matrix Liquid

Non-Medicinal Ingredients: Purified water, xylitol, citric acid, ascorbic acid, xanthan gum, potassium sorbate, natural blueberry flavour.

Indications: Calcium intake, when combined with sufficient Vitamin D, a healthy diet and regular exercise, may reduce the risk of developing osteoporosis. Helps to maintain proper muscle function. Helps the body to metabolize carbohydrates, fats and proteins.

Directions: Adults - Take 1 tablespoon per day or as directed by a healthcare professional. Take a few hours before or after taking other medication. Shake well. Refrigerate after opening.

Warnings: Do not use if safety seal is broken.