

# Cal-Mag Plus D

DIN 02233515, 200 tablets, Stock No. 1758-6

**Coeliac alert:** This product contains gluten.

**T**here is more calcium in the body than any other mineral. Almost 99 percent (two to three pounds) of all the body's calcium is found in the bones and teeth.

Calcium, magnesium and phosphorus all work together for healthy bones and teeth.

When stress is present calcium is lost, and a deficiency in magnesium is common in highly stressed individuals which can result in anxiety, fear, and even hallucinations.

Magnesium has been referred to as the anti-stress mineral.

## *Did you know?*

Recent research shows that calcium operates according to a diurnal time cycle. During the day when the body is active, calcium in nerve cells is utilized for muscle contraction and nerve transmissions. When this calcium is depleted, muscle fatigue is experienced. During sleep when the body is inactive, calcium is extracted from bone tissues to replenish cellular stores, that is, unless calcium is being adequately supplied in the diet.

Researchers have shown that taking calcium supplements at night helps to balance calcium levels in the blood, reducing the risk of calcium deficiency and osteoporosis.

## *NSP Advantage*

200 tablets. Mineral supplement.

*Ingredients:* 250 mg of calcium (dicalcium phosphate, citrate, amino acid chelate), 125 mg of magnesium (amino acid chelate, oxide), 100 mg of phosphorus (dicalcium phosphate), and 133 IU of vitamin D3 in a non-medicinal base containing alfalfa (*Medicago sativa*), bone meal, cellulose, sorbitol, magnesium stearate, and wheat germ flour.

*Recommendation:* Take one tablet with a meal three times daily.

## Features & Benefits

- Calcium and phosphorus are factors in the maintenance of bones and teeth, especially in infancy and childhood.
- Magnesium, phosphorus and vitamin D are essential to the proper utilization of calcium.
- Vitamin D is a factor in the normal development of bones and teeth.