

Healthy bones, teeth, muscles

- HELPS IN THE DEVELOPMENT AND MAINTENANCE OF BONES AND TEETH
- TISSUE FORMATION
- HELPS METABOLIZE CARBOHYDRATES, FATS AND PROTEINS



New Roots Herbal's Calcium Magnesium Citrate is a balanced formulation of two important macro minerals in the bioavailable citrate form. The body needs calcium and magnesium more than any other vitamin or mineral as they are the primary building blocks of bones, teeth and muscles. It is one of the most common mineral deficiencies in a woman's body. Magnesium is needed for bone, protein and fatty acid formation and is usually present at half the amount of calcium in good combination products. It is also known as the anti-stress mineral. Both calcium and magnesium are important for normal functioning of muscles, nerves and nerve impulses.

Such combinations are a practical way to prevent or treat such ailments as myriad, aging, back pain, anxiety and panic, depression, epilepsy, high blood pressure, perimenopause to PMS and endometriosis, just to name a few. This formula focuses on the dual benefits of calcium and magnesium supplementation. Magnesium is essential to the proper absorption of calcium, and also helps to balance calcium levels in the blood. A "calcium channel blocker", magnesium, in this capacity, prevents calcium uptake by the heart smooth muscle cells, thus reducing vascular resistance. Less vascular resistance helps to lower blood pressure and allows for overall improved heart function.

For a large number of people, calcium is very difficult to absorb. We understand that absorption and utilization are most important in a formula; therefore, our product is more than just a straight calcium supplement. It includes an abundant amount of magnesium with zinc, manganese, vanadium, chromium, molybdenum, selenium, and vitamin D₃ that your body needs in order to absorb and utilize both calcium and magnesium to its fullest potential. Your body needs adequate amounts of magnesium in order to absorb calcium and it also needs adequate amounts of calcium to utilize magnesium.

Each vegetable capsule contains:

Magnesium (from 488 mg magnesium citrate)78 mg
Magnesium (from 45 mg magnesium oxide)26 mg
Calcium (from 217 mg calcium citrate)52 mg
Potassium (from 12 mg potassium citrate)	4.15 mg
Zinc (from 6.5 mg zinc citrate)	2.08 mg
Manganese (from 1.5 mg manganese citrate)	414 mcg
Vanadium (from 2 mg AAC*)20 mcg
Chromium (from 1.8 mg AAC*)18 mcg
Molybdenum (from 1.8 mg AAC*)18 mcg
Selenium (from 415 mcg AAC*)	8.3 mcg
Vitamin D ₃20 i.u.

*Amino Acid chelated

Non-medicinal ingredients: Vegetable magnesium stearate and silicon dioxide, in a NON-GMO vegetable capsule composed of vegetable cellulose and purified water.

Suggested use:

Take 2 capsules two times daily with water at mealtime or as directed by your health care practitioner.

Warning: Use only under the supervision of a health care practitioner if pregnant.

Keep out of reach of children.

Manufactured under strict GMP (Good Manufacturing Practices)

New Roots Herbal at 1-800-268-9486 or www.newrootsherbal.com