

# Calcium Magnesium Liquid

High absorption calcium  
with natural peach flavour

- NEEDED FOR BONE, PROTEIN AND FATTY ACID FORMATION
- IMPORTANT IN THE NORMAL FUNCTIONING OF MUSCLES, NERVES AND NERVE IMPULSES
- EASILY ABSORBED



**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 in the normal functioning of muscles, nerves and nerve impulses. Boron is a mineral found in fruits and vegetables and its use in supplements is relatively new.

Simple calcium supplementation does not guarantee proper absorption. The bioavailability of a calcium supplement relies upon an adequate amount of magnesium and other specific nutrients. Conversely, magnesium relies upon calcium for effectiveness in a formula.

Calcium helps metabolize the body's iron and is vital for the production of bones and teeth. Adequate calcium levels prevent the deficiency diseases, rickets and osteomalacia (a disease characterized by increasing softness of the bones). Magnesium is necessary for calcium and metabolism of vitamin C as well as that of sodium, potassium and phosphorous. It is also important in the conversion of blood sugar into energy and is thought to prevent calcium deposits in the kidneys.

Vitamin D is included because it is necessary for both the absorption and utilization of calcium, and calcium is needed to utilize vitamin D. Any calcium supplement that does not contain calcium, magnesium and vitamin D is simply not of much value in terms of absorption and utilization in the body. Vitamin E, an excellent antioxidant to help protect against free radicals, improves muscle strength, and eases menstrual problems.

Boron works with other nutrients, hormones, and minerals to promote sound skeletal health. Boron is a critically important mineral for the absorption of calcium during menopause.

Silica is critical in the formation of collagen which is present in all connective tissue. Bones also require silica to remineralize and repair themselves.

Zinc is an essential part of this formula as a component in the hundreds of enzymatic reactions that contribute to healthy bones, connective tissue, and nervous system function.

### **Benefits of taking a calcium supplement**

Carbonated, phosphorylated soft drinks are one cause of bone degeneration and the increased incidence of this problem has been shown to correspond to the increased consumption. Calcium and magnesium are absolutely necessary for healthy muscles. Inadequate levels can lead to muscle cramping, especially in the legs. Elderly people find it increasingly difficult to absorb calcium and in general don't seem to get enough magnesium. They often develop osteoporosis, a condition where calcium erodes from the bones causing them to become weak and brittle.

#### **Each tablespoon (15 ml) contains:**

*Calcium (carbonate) .....	233 mg
*Calcium (citrate) .....	7 mg
*Magnesium (oxide) .....	158 mg
*Magnesium (citrate) .....	22 mg
*Calcium Ascorbate .....	30 mg
*Zinc (citrate) .....	16.5 mg
*Silica .....	9.5 mg
*Boron (citrate) .....	350 mcg
Vitamin D3 .....	105 IU
Vitamin E .....	5.25 IU
*Elemental value	

In a base of demineralized water, stevia, natural peach flavour, vegetable gum, oatstraw extract, alfalfa extract.

Contains no: Dairy, wheat, gluten, yeast, soy or sodium.

#### **Suggested use:**

Shake well. Take 2 tablespoons (30 ml) daily.

Refrigerate after opening. Keep out of reach of children. Do not use if you are pregnant or breast-feeding.

**Manufactured under strict GMP (Good Manufacturing Practices)**  
**New Roots Herbal at 1-800-268-9486 or [www.newrootsherbal.com](http://www.newrootsherbal.com)**