



Cal-Mag-K

Highly Absorbable Mineral Complex

Cal-Mag-K combines three minerals known to work synergistically for better absorption and bioavailability to promote heart and bone health.* Calcium and magnesium work together to help support strong bones.* Potassium supports the maintenance of bone health.* All three minerals work together to promote healthy cardiovascular function and overall heart health.*

How Cal-Mag-K Works

Clinical studies show how calcium, magnesium, and potassium consumed together promote heart and bone health.*^{1,2,3}

Cal-Mag-K supplementation supports healthy bone-related metabolic processes and promotes healthy circulation.*^{1,2,3} Each mineral works synergistically, but serves its own role in promoting heart and bone health.*

The body needs calcium to build strong bones. Calcium is also responsible for contracting the heart muscle to keep blood pumping through the body. Bioavailable forms of calcium promote healthy bone metabolism and bone development while also promoting healthy circulation and blood pressure levels already in a healthy range.*^{4,5}

Thousands of critical biochemical reactions occur in the body when magnesium activates over 300 enzymatic reactions.⁶ Magnesium is an electrolyte essential to life and supports cellular ionic balance.⁶ These pathological processes allow magnesium to support numerous cardiovascular functions and promote healthy bone mineral density.*^{6,7,8}

Potassium plays a critical role in supporting bone health by neutralizing metabolic acids to conserve calcium in the body.*^{9,10} Potassium also helps support fluid balance at a cellular level, playing a further role in promoting healthy blood pressure levels already in a normal range.*^{4,10}

Cal-Mag-K Supplementation

The ingredients in Cal-Mag-K are dosed in a manner that is congruous with what research suggests to be effective and safe, particularly for promoting heart and bone health.*

Clinical evidence and research cited herein show that the ingredients in Cal-Mag-K may:

- Promote cardiovascular health*
- Promote bone health*
- Support healthy circulation*
- Support healthy blood pressure level*
- Promote overall health and well-being*



Form: 250 Capsules

Serving Size: 2 Capsules

| Ingredients | Amount | %DV |
|--|--------|-----|
| Calcium (as calcium citrate, calcium malate, calcium lysinate, and calcium aspartate) | 120 mg | 9% |
| Magnesium (as magnesium malate, magnesium citrate, magnesium aspartate, magnesium lysinate, and magnesium glycinate) | 130 mg | 31% |
| Potassium (as potassium malate and potassium citrate) | 80 mg | 2% |

Other Ingredients:

Hydroxypropyl methylcellulose, vegetable magnesium stearate, microcrystalline cellulose.

Directions:

Take one or two capsules three times daily with food, as a dietary supplement, or as directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN



NON-GMO



PRODUCED IN A cGMP FACILITY

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



References:

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