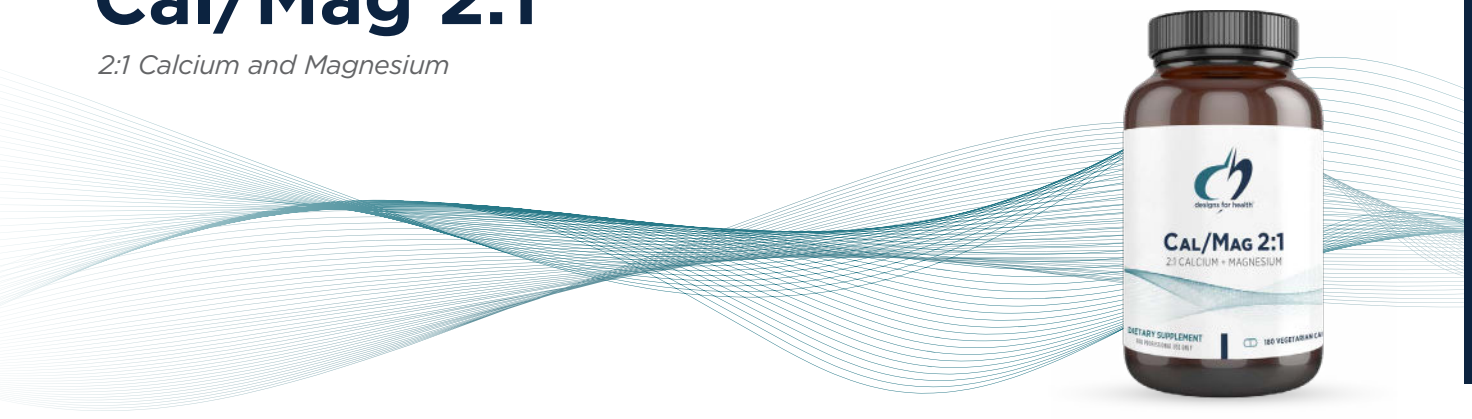
designs for health®

# Cal/Mag 2:1

*2:1 Calcium and Magnesium*

FOUNDATIONAL HEALTH




GLUTEN FREE FORMULA
DAIRY FREE FORMULA
SOY FREE FORMULA
NON GMO GMO INGREDIENTS

Cal/Mag 2:1 delivers both calcium and magnesium in a 2:1 ratio to support bone health, muscle health, and cardiovascular function.* Each 2-capsule serving provides 300 mg of elemental calcium and 150 mg of elemental magnesium in a highly bioavailable form to support overall health and cellular energy metabolism.*

Calcium is the most abundant essential mineral in the human body, consisting of 1.5% to 2% of its total body weight. Approximately 99% of calcium is stored in the bones and teeth. Calcium plays an important role in wound healing, muscle contraction, nerve transmission, hormone secretion, cardiovascular health, and bone structure and function. Magnesium is an essential mineral that serves as a cofactor for more than 300 biochemical reactions and is necessary for every organ to function properly. The adult human body contains 25 g of magnesium divided among bones, muscles, blood, and other tissues. Magnesium plays a crucial role in cardiovascular function, blood sugar metabolism, brain health, cellular energy production, muscle relaxation, and bone structure and function.* A 2:1 calcium-to-magnesium ratio aligns with the body's requirement for higher calcium than magnesium and could help reduce potential nutrient deficiencies.*

Magnesium and calcium share biochemical pathways. Oftentimes, low magnesium status is concurrent with low calcium status and vice versa. Magnesium is necessary for proper calcium utilization to support healthy nerve impulses, heart rhythm, and muscle contraction and relaxation. Additionally, calcium is necessary for muscle contraction, whereas magnesium is necessary for muscle relaxation. A proper balance of magnesium and calcium may support many aspects of health both together and independently.*

## Benefits*

- Supports bone structure and function
- Supports healthy muscle function
- Supports healthy cardiovascular function
- Supports healthy blood pressure

## Recommended Use

Take 2 capsules per day with meals or as directed by your health-care practitioner.

## Highlights

- Delivers calcium and magnesium in a 2:1 ratio
- Delivered in a bioavailable malate form that may support cellular energy production*
- 300 mg of calcium per 2-capsule serving (as DimaCal® Di-Calcium Malate)
- 150 mg of magnesium per 2-capsule serving (as Di-Magnesium Malate)
- Gluten-free, dairy-free, and soy-free
- Non-GMO

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**To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at www.designsforhealth.com.**

**Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.**

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***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.**