



# Ultra Cal-Mag Chelate

## *Indicated for Daily Support*

**This combination of calcium and magnesium has been very useful for muscle spasm and restless legs syndrome. In addition, this combination of minerals has been found useful when supplemented in:** *acute myocardial infarction, anxiety, asthma, angina, cardiac arrhythmias, cardiomyopathy, chronic lung disease, congestive heart failure, depression, diabetes, intermittent claudication, hypercholesterolemia, hypertension, osteoporosis, and reactive hypoglycemia stroke.*

## Suggested Use

Take 1 capsule 1-3 times daily, between meals, or as directed by a qualified health professional.

**Quantity:** 100 Capsules.

## Other Ingredients

180 mg Calcium, 90 mg Magnesium & Gelatin Capsule.

## Calcium & Magnesium

Each are important in bone strength and in muscle contractions. Magnesium helps improve the absorption of calcium, which is needed in the bone mineralization process.

Both calcium and magnesium play a role in cardiac function as well as vascular health, and can help regulate inflammatory processes. Chelated minerals are up to 2.5 times more bioavailable than a salt.

### **Recommended Daily Allowance:**

**Calcium:** 1000 mg

**Magnesium:** 400 mg



*Calcium and Magnesium are extremely important minerals that are often deficient in the American diet.*

The ingredients in this product are supplied by the well-respected USA and/or European vendors, and they are HPLA analyzed for purity and quality. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.