



Cal-Mag 2:1 Plus D

This supplement provides easy-to-digest forms of calcium and magnesium together with natural vitamin D. Calcium and magnesium are essential minerals that work in concert with vitamin D to support healthy bone formation. Calcium and vitamin D are needed for bone mineral density, while magnesium supports bone strength and remodeling.

Calcium-citrate is a highly absorbable, well-tolerated source of calcium. It is formed by bonding calcium to citric acid, a natural fruit acid. Calcium citrate has been shown to have superior absorption compared to many calcium supplements. It is easily digested and absorbed equally well with or without food. The amount of calcium in this product is balanced with magnesium in a 2:1 ratio.

Magnesium is supplied as an amino acid “chelated” form that provides highly absorbable magnesium. Binding magnesium with the amino acid glycine creates a natural compound that is efficiently absorbed and easy on the stomach. Unlike many forms of magnesium, this compound is very well-tolerated without gastrointestinal side effects.

Natural vitamin D₃ is included to assist calcium absorption, thus enhancing benefits for bone health. This fat-soluble vitamin occurs naturally in only a few foods, thus is often fortified in milk and other products. Vitamin D can also be formed in the body upon adequate exposure of the skin to sunlight. Its major biological function is to maintain normal blood levels of calcium and phosphorus to form and maintain strong bones. Vitamin D also works with a number of other vitamins, minerals, and hormones to promote bone mineralization, glucose metabolism, neuromuscular function, and overall health.

This supplement may be used with a multiple vitamin/mineral supplement to boost daily intake of calcium, magnesium, and vitamin D intake when necessary.

Suggested Use: 2 tablets twice daily.

Frequently Asked Questions

What does this formulation consist of?

This calcium supplement is formulated to support bone health in a more comprehensive and effective manner than taking calcium alone. Easy-to-absorb calcium citrate is combined with magnesium, another mineral important for bone health. Natural vitamin D is included to further assist calcium utilization and enhance proper bone formation.

Why is calcium citrate used as the form of calcium?

By attaching calcium to citric acid, a very soluble calcium compound is formed that is significantly more absorbable compared to many other forms of calcium. Calcium citrate is also very safe and well-tolerated. It does not produce intestinal discomfort, constipation, or gas like some forms of calcium.

How does magnesium and vitamin D support bone health?

Proper calcium utilization is crucial to reduce the risk of osteoporosis, a progressive bone disease influenced by age, sex, race, exercise, and many other dietary and lifestyle factors. Magnesium is also necessary for healthy bones as it supports bone strength and remodeling. Vitamin D is essential for calcium absorption and bone mineral density. The combined actions of these nutrients create a more comprehensive approach to maintaining bone health.

Who should take this formulation?

This product is intended for individuals wishing to supplement their dietary intake with highly bioavailable forms of calcium and magnesium to promote bone health. It may help teenagers and young adult women optimize peak bone mass and reduce the risk of osteoporosis late in life. It may also help slow the rate of bone loss in menopausal women, elderly men and women, and those with a family history of osteoporosis.

How many tablets should I take?

Two tablets twice daily with food are recommended. This will supply 500 mg of calcium (50% of the RDA) and 250 mg of magnesium (63% of the RDA). These amounts are intended to complement the calcium and magnesium content in food and to be compatible with the calcium and magnesium supplied by multivitamin/ mineral supplements.

This product was made in a GMP and ISO 9001:2000 registered facility.

Supplement Facts

Serving Size 2 Tablets • Servings Per Container 60

Amount Per Two Tablets	% Daily Value	
Vitamin D ₃ (as cholecalciferol)	100 IU	25%
Calcium (as calcium citrate)	250 mg	25%
Magnesium (as magnesium glycinate chelate**)	125 mg	31%

Other ingredients: Cellulose, stearic acid, carboxymethylcellulose sodium, vegetable gum, silicon dioxide, magnesium stearate, and cellulose coating.

**Albion Laboratories