

# Calcium Lactate

## Calcium Lactate Contains Calcium Lactate and Magnesium Citrate—Highly Bioavailable Forms of These Important Minerals

Calcium and magnesium are of critical importance to human health, especially bone health. Bones and teeth contain 99% of the calcium and two-thirds of the magnesium that circulates in the body. Calcium lactate is a highly soluble calcium salt with high bioavailability, making it an excellent source of calcium. Magnesium citrate is also a highly bioavailable form of magnesium. Together these two minerals support a whole host of biological functions including bone formation and growth, muscle contraction, the constriction and relaxation of blood vessels, energy metabolism and much more.†

## How Calcium Lactate Keeps You Healthy

### Supports healthy bones and teeth

Both calcium and magnesium are essential in the maintenance of bone structure and function. It is especially important to get the recommended amount of calcium in the diet to support and maintain healthy bone structure because too little calcium can result in poor bone mineralization which can weaken bones.†

### Calcium and magnesium are essential for many biological functions

Calcium is essential for blood coagulation and vasoconstriction and vasodilation. This important mineral also assists with nerve impulse transmission, muscle contraction, hormone secretion, maintenance and function of cell membranes and membrane permeability, and proper functioning of many enzyme reactions.†

Magnesium is essential for over 300 enzymatic reactions in the body. It is needed to metabolize carbohydrates and fats for energy, and is a cofactor for ATP metabolism. ATP is needed to produce the energy that is required for metabolic processes throughout the body. Magnesium supports DNA synthesis, the synthesis of the antioxidant enzyme glutathione, and the transport of ionizable calcium and potassium across cell membranes.†



**Introduced in:** 1947

### Content:

90 Tablets

330 Tablets

800 Tablets

**Vegetarian Product**

### Supplement Facts:

Serving Size: 6 tablets

Servings per Container: 15, 55, or 133

|                    |        | %DV  |
|--------------------|--------|------|
| Calories           | 5      |      |
| Total Carbohydrate | 1 g    | <1%* |
| Dietary Fiber      | 1 g    | 4%*  |
| Calcium            | 250 mg | 25%  |
| Magnesium          | 50 mg  | 10%  |

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Ingredients:** Calcium lactate, magnesium citrate, and calcium stearate.

**Suggested Use:** Six tablets per day, or as directed.

**Sold through health care professionals.**

# Calcium Lactate

## What Makes Calcium Lactate Unique

### Product Attributes

Calcium lactate is a pure-vegetable source of calcium

- ▶ Not derived from a dairy source

Calcium lactate is very soluble and high in bioavailability

- ▶ It takes the body only one chemical step to convert calcium lactate to calcium bicarbonate, the only type that is absorbed by the body†

Contains a 5:1 ratio of calcium to magnesium

- ▶ Supports utilization of these synergistic minerals†

### Manufacturing and Quality Control Processes

Degreed microbiologists and chemists in our on-site laboratories continually conduct bacterial and analytical tests on raw materials, product batches, and finished products

- ▶ Ensures consistent quality and safety

Vitamin and mineral analyses validate product content and specifications

- ▶ Assures high-quality essential nutrients are delivered

### Whole Food Philosophy

*Our founder, Dr. Royal Lee challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.*

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for Calcium Lactate.

Food and Nutrition Board, Institute of Medicine. (1997). Calcium. In *Dietary Reference Intakes: Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride* (pp. 71-145). Washington D.C.: National Academy Press.

Food and Nutrition Board, Institute of Medicine. (1997). Magnesium. In *Dietary Reference Intakes: Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride* (pp. 190-249). Washington D.C.: National Academy Press.

Heaney, R. P. (2000). Calcium, dairy products and osteoporosis. *J Am Coll Nutr*, 19(2 Suppl), 83S-99S.

Levenson, D. I., & Bockman, R. S. (1994). A review of calcium preparations. *Nutr Rev*, 52(7), 221-232.

Rude, R. K., Shils, M. E. (2006). Magnesium. In M. Shils, Olson, J. A., Shike, M., Ross, A. C. (Ed.), *Modern Nutrition in Health and Disease* (10th ed., pp. 223-247). Baltimore: Lippincott Williams & Wilkins.

Shils, M. E. (1997). Magnesium. In B. L. O'Dell, Sunde, R. A. (Ed.), *Handbook of nutritionally essential minerals* (pp. 117-152). New York: Marcel Dekker, Inc.

Spencer, H., Norris, C., & Williams, D. (1994). Inhibitory effects of zinc on magnesium balance and magnesium absorption in man. *J Am Coll Nutr*, 13(5), 479-484.

Walker, A. F., Marakis, G., Christie, S., & Byng, M. (2003). Mg citrate found more bioavailable than other Mg preparations in a randomised, double-blind study. *Magn Res*, 16(3), 183-191.

Weaver, C. M., Heaney, R. P. (1999). Calcium. In M. Shils, Olson, J. A., Shike, M., Ross, A. C. (Ed.), *Modern Nutrition in Health and Disease* (9th ed., pp. 141-155). Baltimore: Williams & Wilkins.

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

