

## Cal-6 + Mg™

### DESCRIPTION

Cal-6 + Mg.™, provided by Douglas Laboratories, is a special chelate complex of 6 sources of calcium with magnesium and other ingredients to assist the body in maintaining healthy bone structure. Calcium is a primary mineral for building the strong structure of bones and teeth. †

### FUNCTIONS

The adult human body contains approximately 1,200 g of calcium, about 99% of which is present in the skeleton, and 20-30 g of magnesium with about 60% located in bone. Bone is constantly turning over, a continuous process of formation and resorption. In children and adolescents, the rate of formation of bone mineral predominates over the rate of resorption. In later life, resorption predominates over formation. Therefore, in normal aging, there is a gradual loss of bone. Intestinal calcium absorption ranges from 15 to 75% of ingested calcium. Vitamin D is a key regulatory hormone for calcium and bone metabolism. Adequate vitamin D status is essential for ensuring normal calcium absorption and maintenance of healthy calcium plasma levels. Numerous scientists now feel that supplementation with vitamin D at levels greater than previously thought necessary is critical to helping maintain healthy bone remodeling and healthy vitamin D plasma levels.†

Magnesium absorption is independent of vitamin D status and ranges from 30 to 60% of ingested magnesium. It is generally accepted that obtaining enough dietary calcium throughout life may increase bone mineral density. Among other factors, such as regular exercise, gender and race, calcium supplementation during childhood and adolescence appears to be a prerequisite for maintaining adequate bone density later in life.

Cal-6 + Mg.™ provides a highly beneficial source of dietary calcium together with other nutrients that assist in the maintenance of healthy bone structure and function. For example, boron affects the composition, structure, and strength of bone. It appears to be necessary for calcium and magnesium absorption, their adequate renal reabsorption, and their incorporation into the bone matrix. †Boron is absorbed at about 90% efficiency and is rapidly distributed among the tissues.

### INDICATIONS

Cal-6 + Mg.™ may be a useful dietary supplement for those who wish to increase their intake of calcium and other nutritional factors for maintaining the function and structure of their bones.

### FORMULA (#7015)

Three Tablets Contain:

Calcium (elemental) .....	750 mg
Glutamic Acid HCl .....	75 mg
Lysine HCl .....	36 mg
Boron (Aspartate/Citrate) .....	3 mg
Vitamin D-3.....	400 I.U.
Magnesium (elemental).....	375 mg
Vitamin C .....	50 mg

### SUGGESTED USE

Adults take 3 tablets daily before each meal or as directed by a healthcare professional.

## Cal-6 + Mg™

### SIDE EFFECTS

No adverse side effects have been reported.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

### REFERENCES

Okyay E. et al. *Maturitas*. 2013 Dec;76(4):320-5. doi: 10.1016/j.maturitas.2013.07.015

Ilich JZ, Brownbill RA, Tamborini L. *Eur J Clin Nutr*. 2003 Apr;57(4):554-65. Erratum in: *Eur J Clin Nutr*. 2003 Jul;57(7):880

Heaney RP, Dowell MS, Bierman J, Hale CA, Bendich A. *J Am Coll Nutr*. 2001 Jun;20(3):239-46.

Prince RL, Devine A, Dhaliwal SS, Dick IM. *Arch Intern Med*. 2006 Apr 24;166(8):869-75.

Price CT, Langford JR, Liporace FA. *Open Orthop J*. 2012;6:143-9. doi: 10.2174/1874325001206010143.

Jensen C, et al. *Am J Clin Nutr*. 2002 Jun;75(6):1114-20.

Shapses SA, et al. *Am J Clin Nutr*. 2013 Mar;97(3):637-45. doi: 10.3945/ajcn.112.044909.

Prieto-Alhambra D, et al. *Breast Cancer Res Treat*. 2012 Jun;133(3):1159-67. doi: 10.1007/s10549-012-2013-9.

Zubillaga P, et al. *Eur J Clin Nutr*. 2006 May;60(5):605-9.

**For more information on Cal-6 + Mg™ visit [douglaslabs.com](http://douglaslabs.com)**

† 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.

Manufactured by  
Douglas Laboratories  
600 Boyce Road  
Pittsburgh, PA 15205  
800-245-4440  
[douglaslabs.com](http://douglaslabs.com)



**You trust Douglas Laboratories.  
Your patients trust you.**

© 2013 Douglas Laboratories. All Rights Reserved