



## References

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# Strong, healthy bones



**100%**  
**food-sourced  
calcium!**

## Why you need calcium

Make no bones about it — we're not getting enough calcium! Just 10% of women and 27% of men get the recommended daily allowance.<sup>1</sup> What's more, stress, excess sodium, plus other poor dietary choices, can deplete calcium stores. You have to have calcium to survive! And when you don't get enough, your body "steals" it from your bones!



Get the calcium you need every day with Cal-Mag, GNLD's unique food-based calcium-magnesium supplement. Cal-Mag is made exclusively with 100% natural eggshell calcium for greater purity, and double amino acid chelated for maximum absorption!



Contact your independent GNLD distributor:

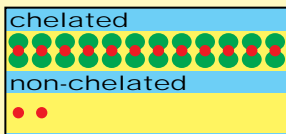


**PEOPLE EMPOWERING PEOPLE**



# 9 egg-cellent reasons to take Cal-Mag

**1 Double amino acid chelated** for enhanced absorption.<sup>2, 3</sup>



Chelation can substantially enhance absorption of minerals.

**2 Glycine.** After exhaustive research, GNLD's Scientific Advisory Board chose the amino acid **glycine** as the chelating agent for Cal-Mag. Glycine supports increased calcium solubility.

**3 GNLD uses only premium eggshell calcium** for maximum purity, naturally derived and readily soluble. This superior food-based source does not contribute to high phosphorus levels or deliver unwanted metals.

**4 Optimal 2-to-1 ratio** of calcium to magnesium matches the body's needs and supports effective calcium/magnesium utilization.<sup>4, 5</sup>

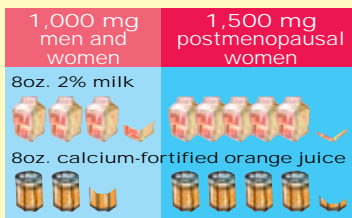
**5 Three capsules or tablets deliver 300 mg calcium and 150 mg magnesium.** Studies show that eating calcium-rich foods and supplementing with targeted-dose capsules or tablets throughout the day provides the greatest benefit to the body.<sup>6</sup>

**6 Quick-dissolving formula** releases nutrients more quickly into your body. Independent laboratory tests have shown that GNLD's superior tableting process results in dissolution times that far exceed United States Pharmacopeia (USP) requirements.

**7 Low phosphorus.** Excess phosphorus intake can upset your calcium/phosphorous balance and inhibit efficient mineral utilization.<sup>7, 8</sup>

**8 Available with or without vitamin D.** If you're rarely in the sun, wear sunscreens, or eat few milk products, consider Cal-Mag with added D.

**9 Every batch is laboratory validated for purity and potency.**



Recommended daily calcium intakes.<sup>9</sup>

## The science behind the supplement

Why GNLD's Scientific Advisory Board created a calcium-magnesium supplement

Not only do you need enough calcium, you need the right kind. When it comes to calcium, *source is everything!* Some sources, like bone meal and dolomite, may contain harmful levels of lead. Others can be high in phosphorus, disrupting absorption of both calcium and magnesium. Calcium from eggshells, on the other hand, consistently provides a high degree of purity and quality. GNLD's Scientific Advisory Board developed this exclusive formula to help you get the important minerals you need from the best possible sources.

## A lifetime of solid benefits

Scientific evidence has shown that a diet rich in calcium supports:

- Lower risk for developing osteoporosis.<sup>\*10, 11</sup>
- Proper bone development, skeletal strength, and strong teeth.<sup>\*12</sup>
- Slowing of age-related bone loss.<sup>\*13, 14</sup>
- Heart function, breathing, and lung health.<sup>\*15</sup>
- Healthy blood pressure levels.<sup>\*16</sup>
- Nerve, membrane and muscle function.<sup>\*17</sup>
- Normal and calm menstrual cycles.<sup>\*18</sup>
- Healthier pregnancies.<sup>\*19</sup>
- Colon and rectal health.<sup>\*20</sup>
- Intestinal health.<sup>\*21</sup>
- Enzyme synthesis.<sup>\*22</sup>

Research proves that magnesium promotes:

- Efficient calcium utilization.<sup>\*23</sup>
- Long-term health of the heart, lungs and coronary arteries.<sup>\*24</sup>
- Vitality of the most important enzymes that form DNA.<sup>\*25</sup>
- Muscle contraction and relaxation.<sup>\*26</sup>
- Healthy blood pressure levels.<sup>\*27, 28, 29</sup>

*Get more calcium from the calcium you take — with Cal-Mag!*