



▼ **INGREDIENTS**

Supplement Facts		
Serving Size: 5 Capsules		
Amount Per Serving	% Daily Value	
Vitamin D.....	2000 IU	500%
Calcium (Malate, Citrate).....	650 mg	65%
Magnesium (Malate, Citrate)....	200 mg	50%
Vitamin K ₂	80 mcg	100%
Vitamin C.....	66 mg	110%
(Magnesium Ascorbate)		
Zinc (Gluconate).....	8.5 mg	57%
Manganese (Chelate).....	1.1 mg	55%
Strontium (Citrate).....	9.6 mg	-
Boron (Chelate).....	3 mg	-

* Daily Value is not established.
Other Ingredient: Gelatin, Leucine and FOS

▼ **DOSAGE**

- 1-2 capsules up to twice daily, for 1-3 months, or as directed.

▼ **PACKAGING**

- 100 capsules in eco-bottle.

▼ **PERSPECTIVE**

Calcium supplementation has come a long way since the early days of calcium carbonate (chalk) and dolomite (a calcium/magnesium rock). Today, supplements like CAL feature highly absorbable chelates with vital synergists to support proper cellular utilization of this essential mineral.

▼ **LIFESTYLE**



#120 CAL (Calcium Plus)

Highly bioavailable sources, calcium malate and calcium citrate, in a matrix of magnesium malate and citrate with Vitamin D₃ and K₂. Also mixed with synergists zinc, manganese, strontium and boron that specifically address the many facets of normal calcium utilization, particularly the process of calcium migration to the bone matrix. A superb calcium supplement for daily use.

▼ **INDICATIONS**

- A complete, bioactive source of dietary and supplemental calcium ions for bone support and various metabolic processes
- Normal bone osteoblast activity
- Calcium metabolic support
- Healthy aging bones
- All calcium requirements
- Normal bone calcium processes

▼ **KEY COMPONENTS**

- **Vitamin C** – Required for the biosynthesis of collagen, L-Carnitine and certain neurotransmitters. Also required for normal synthesis of tissue growth and health processes.
- **Boron** – Supports normal bone absorption of calcium ions.
- **Calcium Malate and Citrate** – Water soluble salts of citric acid and malic acid. When dissolved, it releases ionic calcium and calcium citrate molecules that are absorbed directly via intestinal cells and para cellular processes. Excellent absorption, even in cases of low stomach acid. Helps facilitate natural calcium retention and bone health. Does not contribute to stone formation.
- **Vitamin D₃** – Necessary for calcium absorption and utilization, as well as normal mobilization of calcium into the bone matrix. Also aids in DNA synthesis and critically important metabolic processes.
- **Zinc** – A necessary cofactor for calcium and magnesium metabolic processes, as well as Vitamin D₃. Zinc is required for proper neurotransmitter function.
- **Magnesium Malate** – The highly absorbable C₄H₄MgO₅ form that supports cellular utilization of Mg.
- **Magnesium Citrate** – The C₆H₆MgO₇ form that increases the Mg levels in the blood. Helps with normal bowel motility.
- **Vitamin K₂** – Helps the body deliver and utilize calcium for bone building. Protects the soft tissues from calcium deposits. Maintains proper D₃ performance.
- **Strontium** – A much needed trace mineral that helps the natural processes that facilitates the storage of calcium into the bones and improves bone tensile quality and density via normal metabolic channels.

▼ **CONTRAINDICATIONS**

Best not to use calcium supplements during a course of antibiotics. Calcium can reduce the absorption of the antibiotic.

▼ **CLINICIAN CONSENSUS**

- Bone Building Program:
#120 CAL - Calcium Plus
#850 MoRS - Methylation Donor
#2 Builder
#775/2775 Water Tonify - Strengthen Bones

▼ **BACKGROUND**

Designed in 2014 by Dr. Shayne Morris, this formulation applies the latest research on calcium/magnesium teamwork and supports the migration of Ca⁺ ions into the bones via D₃/K₂ catalysts with access to Sr and B, as well as necessary trace elements.

▼ **SYNERGISTIC CONSIDERATIONS**

- **#150 PRO** - Nutro Pro
- **#775** Water Tonify - Strengthen Bones
- **#870/871** Spectra One - Herbal Whole Food Cellular Multi-Vitamin/Mineral
- **#872** Spectra Two - Herbal Whole Food Cellular Multi-Oil
- **#850 MoRS** - Methylation Donor
- **#56 K** - Kidney
- **#58 Ks** - Kidney-s
- **#199/#129** VitD3lq/DV3
- **#195 ZNC** - Zinc
- **#133 JOT** - Joint, Disc, Cartilage
- **#140 MIN** - Multi Mineral Plus

▼ **INFORMATION RESOURCES**

- www.systemicformulas.com

Quality Control: All herbal ingredients are tested before use for: microbes, heavy metals/contaminants, and assurance of correct genus/species.

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