



▼ **INGREDIENTS**

Supplement Facts		
Serving Size: 20 mL Servings per bottle: 23		
	Amount per serving	%DV
Calories	12	< 1
Total Carbohydrates	3g	1
Calcium (Citrate & Malate)	475mg	48
Magnesium (Citrate & Malate)	145mg	36
Vitamin C (Ascorbic Acid)	66mg	110
Zinc (Glycinate)	7mg	47
Manganese (Chelate)	0.7 mg	*
Vitamin D ₃ (Cholecalciferol)	2000IU	500
Vitamin K ₂ MK7	80mcg	100
Strontium (Citrate & Malate)	6 mg	*
Boron (Chelate)	0.35mg	*

Other Ingredients: Water, Glycerin, Fructooligosaccharides, Natural Fruit Juices, Dextrose (Organic Grape), Natural Flavors, Cultured Dextrose, Tic Gum, Potassium Sorbate and Grapefruit Seed Extract.

*Daily Value is not established.

▼ **DOSAGE**

- 1.3 tablespoons (20 mL) daily.

▼ **PACKAGING**

- 16 Fl. Oz. Glass Bottle

▼ **PERSPECTIVE**

Calcium has been one of the most popular nutritional supplements based on science recognizing its importance for normal bone maintenance and many cellular metabolic processes. As scientific information has exponentially increased over the past few years, the health sciences now realize that synergistic nutrients are just as important: Boron, Strontium, Manganese, Vitamin D₃/K₂, Magnesium, Zinc, and Vitamin C.

▼ **LIFESTYLE**



#192 CAL-MD^{LO} (Bone Support + Vit. D₃)

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 via the role that Vitamin K₂ plays to serve bone strength. A superb calcium supplement for daily use.

▼ **INDICATIONS**

- All calcium nutritional requirements
- 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
- Magnesium for proper calcium utilization
- Normal bone calcium processes

▼ **KEY COMPONENTS**

- **Calcium Malate, Citrate** – Water soluble salts of citric acid and malic acid. When dissolved, it releases ionic calcium and calcium citrate molecules that are absorbed directly into intestinal cells and paracellular processes. Excellent absorption, even in cases of low stomach acid. Helps facilitate natural calcium retention and bone health. Does not contribute to stone formation.
- **Magnesium Malate** – The highly absorbable C₁₂H₁₄MgO₅ form that supports cellular utilization of Mg.
- **Magnesium Citrate** – The C₆H₈O₇Mg form of magnesium that increases the Mg levels in the blood. Help with normal bowel motility.
- **Vitamin C** – Required for the biosynthesis of collagen, L-Carnitine, and certain neurotransmitters. Also required for normal synthesis of tissue growth and health processes.
- **Zinc** – A necessary co-factor for calcium and magnesium metabolic processes, as well as Vitamin D₃. Zinc is required for proper neurotransmitter function.
- **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.
- **Boron** – Supports normal bone absorption of calcium ions.
- **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.

- **Vitamin K₂** – Helps the body deliver and utilize calcium for bone building. Protects the soft tissues from calcium deposits. Maintains proper D₃ performance.

▼ **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:
#192 CALMD^{LO} - Bone Support + Vitamin D₃
#850 MoRS - Methylation Donor
#2 Builder
#775 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**

- **#775 Water Tonify** - Strengthen Bones
- **#150 PRO** - Nutro Pro
- **#870/#871 SpectraOne** - Herbal Whole Food Cellular Multi-Vitamin/Mineral
- **#872 SpectraTwo** - Herbal Whole Food Cellular Multi Oil
- **#133 JOT** - Joint, Disc, Cartilage
- **#850 MoRS** - Methylation Donors
- **#56 K** - Kidney
- **#58 Ks** - Kidney-s
- **#199/#129 VitD₃^{LO}/DV₃** - Vitamin D + K
- **#195 ZNC** - Zinc
- **#140 MIN** - 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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