



CHEMICALS AND  
PHARMACEUTICALS  
FREIBURG

VITAMINE & MINERALIEN

# Calcium & Magnesium

## What are Calcium and Magnesium?

Calcium is the strongest mineral in our bodies and is found in our bones and teeth. As calcium can't be produced by our body, we need to make sure to get our share of calcium through our diet or dietary supplements. Teenagers, pregnant women, breastfeeding women, elderly people and athletes have an especially high calcium requirement.

Magnesium has numerous functions in the human body. It effects the transmission of nerve impulses to the muscle, the release of adrenaline and bone mineralization. It is also responsible for the activation of over 300 enzymes in the metabolism. As an inhibitor of blood clotting, magnesium can prevent thromboses (blood clots). About 60% of the magnesium in the body is bound to the bone, the rest in various organs and tissues; only about 1% of the total amount is dissolved in the blood.





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## Benefits of Calcium

- \_ Normalizes Functioning of Digestive Enzymes
- \_ Normalizes Blood Coagulation
- \_ Normalizes Energy Metabolism
- \_ Vegan

## Benefits of Magnesium

- \_ Reduces Fatigue
- \_ Normalizes Functioning of the Nervous System
- \_ Normalizes Muscle Function
- \_ Normalizes Mental Function
- \_ Preserves Healthy Bones & Teeth
- \_ Vegan

## Ingredients

Calcium Carbonate, Magnesium Oxide, filler: (Microcrystalline Cellulose E460), release agent: (Magnesium salts of fatty acids E572).

## Content

90 Tablets

(à 1,65g = 148,5g) e

DIETARY SUPPLEMENT

## Composition

Composition (Active Ingredient)	Per 1 tablet	Per 2 tablets (daily dosage)	RDA%*
Magnesium	200 mg	400 mg	100 %
Calcium	400 mg	800 mg	104 %

\*RDA: percentage of the recommended daily dosage according to Annex 13 of Regulation VO (EU) 1169/2011 (LMIV).

## Consuming Recommendation

Take 1 tablet with plenty of fluids 1–2 times a day.  
Do not exceed the recommended dosage.

## Storage Instructions

- \_ Store in a cool & dry place.
- \_ Keep away from direct sunlight.
- \_ Keep out of reach of children.
- \_ This product is a dietary supplement and not for medical use.
- \_ This product is not intended to diagnose, treat, cure or prevent any disease.