

When in balance, calcium and magnesium play vital roles in many areas of human health. *Calcium* is crucial for muscle contraction, proper blood clotting, wound healing, the secretion of hormones and enzymes, nerve transmission, the building of strong bones and teeth, and for inhibiting the build-up of lead in the body.

*Magnesium*, one of the most critical minerals in the human body, is involved in hundreds of enzyme reactions and plays a pivotal role in muscle relaxation, energy production, heart health, and maintenance of proper blood pressure and in helping to prevent the accumulation of aluminum, a toxic metal implicated in many common degenerative neurological disorders.

In summary: Calcium is necessary for muscles to contract, while magnesium is needed for muscles to relax; calcium works to simulate nerves, while magnesium calms the nerves.

Signs and symptoms of magnesium deficiency include:

- Fatigue
- Irritability
- Becoming easily startled
- Muscle cramps/twitches
- Difficulty phasing out background noises
- Insomnia

Overly imbalanced calcium supplementation can actually lead to greater demand for magnesium.

60 Vegetarian Capsules (1 month supply)



**ITG Diet** Plan. Nutrition. Life!  
**ITG CAL/MAG**  
 Dietary Supplement  
 60 VEGETARIAN CAPSULES 

Amount Per Serving	% Daily Value	
Calcium (as DimaCal® Di-Calcium Malate)	180mg	18%*
Magnesium (as Albion® Di-Magnesium Malate)	180mg	45%*

\* Percent Daily Values are based on a 2,000 calorie diet.

**Other ingredients:** Magnesium Stearate, Vegetarian Capsules

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.

**Recommended Use:** As a dietary supplement, take 2 capsules per day with meals, or as directed by your health care practitioner.

**STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.**

Albion, DimaCal and the Albion Medallion design are registered trademarks of Albion Laboratories, Inc. Malates covered by U.S. Patent 6,706,904 and patent pending.

Distributed by ITG Diet  
 6331 4th Street N.  
 St. Petersburg, FL 33702  
 (727) 388-4850

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