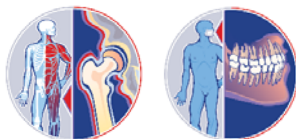




Cal-Mag Complete

Quest Cal-Mag Complete is a high-quality, synergistic formula containing calcium and magnesium in the ideal 1:1 ratio, plus vitamin C, vitamin D3, and zinc. Calcium and magnesium are vital components of bone and tooth metabolism, and both participate in energy production, muscle contraction, nerve function, and the maintenance of the acid-alkali balance of body fluids. Vitamin C is essential for the growth and repair of all tissues, and it is needed for the formation of collagen, bone, and cartilage. Vitamin D is essential for the absorption of calcium. Zinc has many functions in the body and is also found in high concentrations in bone.



PRODUCT CODE: 338412

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Calcium intake, when combined with sufficient Vitamin D, a healthy diet and regular exercise, may reduce the risk of developing osteoporosis.	Tablets	Adults take 1 tablet twice daily with a meal, or as directed by a health care practitioner.

DESCRIPTION:

Each easy-to-swallow tablet of Quest Cal-Mag Complete contains 250 mg of calcium (citrate), 250 mg of magnesium (oxide), 150 mg of vitamin C (ascorbic acid), 100 IU of vitamin D3, and 10 mg of zinc (citrate). This product contains no artificial preservatives, colours, flavours, or corn, dairy, egg, gluten, shellfish, soy or sulfites.

Recommended Daily Allowance: **Calcium:** Dosage for each nutrient varies, depending on age.

Food Sources: **Calcium:** Dairy products, legumes, dark green leafy vegetables, wheat bran, sea vegetables, almonds, Brazil nuts, figs. **Magnesium:** Legumes, nuts and seeds, whole grains, green leafy vegetables, blackstrap molasses, wheat germ. **Vitamin C:** Fruits and vegetables, especially Brussels sprouts, collards, kale, parsley, tomatoes, sweet peppers, watercress, black currants, oranges, lemons, strawberries. **Vitamin D:** Sunlight is the best source; however, it is found in small amounts in fatty fish such as mackerel and salmon. Other sources are eggs from chickens fed vitamin D and milk that has been fortified with vitamin D. **Zinc:** Oysters and other shellfish, fish, red meat, dark meat of poultry, whole grains, legumes, nuts and seeds

Causes of Deficiency: **Calcium:** Abnormal parathyroid function, vitamin D deficiency, magnesium deficiency, alcoholism, low-calcium diet, phosphates from carbonated beverages, excess caffeine, excess sodium. **Magnesium:** Diet of refined foods, excess calcium intake, alcoholism, surgery foods, diuretics, liver and kidney disease, some oral contraceptives. **Vitamin C:** Poor diet. **Vitamin D:** Inadequate sunshine, poor dietary choices, some medications. **Zinc:** Poor diet, excess fibre, excess phytic acid from diet high in legumes and whole grains, Crohn's disease, malabsorption syndromes, alcoholism.

Symptoms of Deficiency: **Calcium:** Rickets in children, osteomalacia osteoporosis in adults, muscle spasms, leg cramps. **Magnesium:** Fatigue, mental confusion, irritability, weakness, heart disturbances, problems in nerve conduction and muscle contraction, muscle cramps, loss of appetite, insomnia, predisposition to stress. **Vitamin C:** Bleeding gums, easy bruising, fragile bones, poor wound healing, susceptibility to infection, hysteria, depression. **Vitamin D:** Rickets in children, osteomalacia and osteoporosis in adults, joint pain. **Zinc:** Susceptibility to infection, slow wound healing, diminished appetite, impaired sense of taste and smell, impaired night vision.

Complementary Nutrients: **Calcium:** Magnesium, vitamin D, potassium, vitamin K. **Magnesium:** Calcium, phosphorus, vitamin B6. **Vitamin C:** Bioflavonoids, vitamin E, selenium, beta-carotene. **Vitamin D:** Calcium. **Zinc:** A healthful diet.

Cal-Mag Complete

HOW IT WORKS:

Calcium: This mineral is well known for its essential role in the formation of bones and tooth enamel; however, it also performs many other functions. Calcium is involved in fat and protein digestion and the production of energy. It is involved in blood clotting and the transmission of nerve impulses, and it regulates the contraction and relaxation of muscles, including the heart. In addition, calcium may reduce the risk of colon cancer and suppress the growth of polyps that can lead to cancer. **Magnesium:** Besides its role in maintaining healthy bones by promoting the absorption of calcium, magnesium is involved in maintaining a healthy nervous system. In addition, magnesium is required for muscle relaxation, energy production, protein formation, cellular replication, the regulation of sodium and potassium in the cells, and efficient heart function. **Vitamin C:** In addition to its role as an antioxidant and immune-enhancing nutrient, this vitamin is essential in the maintenance of healthy bones. **Vitamin D:** This vitamin regulates calcium metabolism. Without vitamin D, the body cannot properly absorb calcium, and the bones and teeth become soft and poorly mineralized. **Zinc:** Functions as a cofactor in over 20 enzymatic reactions, and it plays a role in insulin activity, protein and DNA synthesis, taste and smell, wound healing, the maintenance of normal vitamin A levels, bone structure, and the immune system.

RESEARCH:

Calcium, magnesium, and vitamin D supplementation for bone health is supported by extensive scientific research. Countless studies conclude that a combination of calcium, magnesium, and vitamin D is required for bone health and the prevention of osteoporosis. Extensive research shows that vitamin C is essential to the production of collagen, the substance that holds all body structures together. Some health care practitioners prescribe supplemental zinc to stimulate the wound healing process, including the repair of broken bones.

SIDE EFFECTS:

No known side effects at recommended dosage.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner before use if you have a serious illness or are on any medications.

OTHER CONSIDERATIONS:

Consult a health care practitioner before use if you are pregnant or breastfeeding. Keep out of reach of children.

LABEL:



DÉVELOPPEMENT

Cal-Mag Complet

NPN 80005836

120 comprimés

Aide au maintien des os et des dents

Sans colorants, arômes ou agents de conservation artificiels

QUALITÉ ASSURÉE

USAGE RECOMMANDÉ : La consommation de calcium, lorsqu'elle s'accompagne d'un apport suffisant en vitamine D, d'une alimentation saine et de la pratique régulière d'une activité physique, peut réduire le risque d'ostéoporose.

Dose recommandée (adultes) : Prendre 1 comprimé deux fois par jour, ou selon l'avis d'un praticien de soins de santé. Prendre avec un repas.

INGRÉDIENTS MÉDICAMENTEUX :

Calcium (citrate).....	250 mg
Magnésium (oxyde).....	250 mg
Vitamine C (acide ascorbique).....	150 mg
Vitamine D (cholécalciférol).....	2,5 mcg/100 UI
Zinc (citrate).....	10 mg

INGRÉDIENTS NON MÉDICAMENTEUX : croscarmellose sodique, stéarate de magnésium, cellulose microcristalline, dioxyde de silicium, cellulose, glycérine.

Information sur les risques : Évitez de prendre deux heures avant ou quatre heures après avoir pris un médicament. Certaines personnes pourraient manifester des malaises gastro-intestinaux tels que diarrhée. Consultez un praticien de soins de santé avant d'être faire l'usage si vous prenez des tétracyclines ou si vous êtes incertain d'obtenir un apport suffisant en cuivre. Une supplémentation en zinc peut causer une carence en cuivre.

Ce produit ne contient aucun maïs, ingrédients laitiers, œuf, gluten, crustacés, soya, sulfites ou blé.

RANGER DANS UN ENDROIT SEC ET FRAIS. TENIR HORS DE LA PORTÉE DES ENFANTS.



DEVELOPMENT

Cal-Mag Complete

NPN 80005836

120 tablets

Helps in the maintenance of bones and teeth

No artificial colours, flavours or preservatives

QUALITY ASSURED

RECOMMENDED USE: Calcium intake, when combined with sufficient Vitamin D, a healthy diet and regular exercise, may reduce the risk of developing osteoporosis.

Recommended Dose (Adults): Take 1 tablet twice daily or as directed by a health care practitioner. Take with food.

Medicinal Ingredients:

Calcium (citrate).....	250 mg
Magnesium (oxide).....	250 mg
Vitamin C (ascorbic acid).....	150 mg
Vitamin D (cholecalciferol).....	2.5 mcg/100 IU
Zinc (citrate).....	10 mg

Non-medical Ingredients: Croscarmellose sodium, magnesium stearate, microcrystalline cellulose, silicon dioxide, cellulose, glycerin.

Risk Information: Avoid use two hours before or four hours after taking a medication. Some people may experience gastrointestinal disturbances such as diarrhea. Consult a health care practitioner before use if taking tetracyclines or if unsure whether you are taking adequate copper. Zinc supplementation can cause a copper deficiency.

This product does not contain corn, dairy, egg, gluten, shellfish, soy, sulfites or wheat.

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

DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE SCALM DE SÉCURITÉ SOUS LE CAPOTON EST BRISÉ.

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Une compagnie canadienne fière de l'être.

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