



CALCIUM MAGNESIUM

GLUTEN FREE

HYDROXYAPATITE, CITRATE & MALATE
Vitamin D • Trace Minerals

PIONEER® Calcium Magnesium is a unique and potent calcium and bone protein formula designed by holistic clinicians to help provide nutritive support for healthy bone mass.

Calcium Magnesium has long been one of PIONEER's top-selling formulas, and for good reason! It contains exceptionally well-absorbed calcium forms: *microcrystalline hydroxyapatite (MCH)* from freeze-dried bovine bone, and two preferred chelated forms, *calcium citrate* and *calcium malate*. These premium forms of calcium have been studied for their ability to help provide nutritive support for healthy bone density.

In addition to excellent calcium forms, PIONEER® Calcium Magnesium also provides important synergistic cofactors – magnesium, vitamin D3 and boron – as outlined below.

As such, PIONEER® Calcium Magnesium helps to provide a superior foundation for good, stable bone health, especially when taken with a high quality multivitamin/mineral such as PIONEER® 1+ and 1+1 Vitamin Mineral, and in conjunction with daily weight-bearing exercise and a healthy natural food diet rich in dark leafy greens.

CONSIDER THESE PIONEER® ADVANTAGES:

1. Microcrystalline Calcium Hydroxyapatite.

(MCH) This superb ingredient comes from freeze-dried, whole bovine bone. Unlike bone meal (ashed bone) or any other calcium source, MCH retains the natural ratios of all of the micro-nutrients, bone matrix proteins and other organic constituents of healthy bone. In addition to its purported ability to help support healthy bone density, MCH is suggested to be well-absorbed, and well-tolerated.

PIONEER uses only pure hydroxyapatite from naturally-raised New Zealand or Australian cattle. This material undergoes a rigorous screening process for lead and other heavy metals, as well as herbicide and pesticide residues.

(Safety Note: Both New Zealand and Australia have earned *Non-CFR Disease Recognition* by the USDA. This means these two countries are officially free of *scrapie*, a livestock disease which is the presumed vector of BSE (mad cow). Although New Zealand/Australian MCH is more costly than the North American version, its superlative ecological profile makes it our preferred choice for this formula.)

2. Well-Absorbed Calcium Chelates. When calcium carbonate reacts with citric acid or malic acid, the chelates *calcium citrate* and *calcium malate* are formed. Research suggests these chelated forms do not require high levels of stomach acid for absorption and may be significantly better absorbed than calcium from carbonate alone. Calcium citrate has been studied for its ability to help support healthy bone density in children, teens and adults.

3. Magnesium. The role of magnesium in enhancing calcium utilization is well-known. Recent studies also suggest that magnesium may help provide nutritive support for bone health independently of calcium. PIONEER® Calcium Magnesium contains 3 sources of magnesium – high absorption *magnesium aspartate* and *amino acid chelate*, plus naturally-occurring *oxide*. The use of multiple sources is intended to help enable uptake via numerous biochemical pathways and enhance overall bioavailability.

4. Vitamin D3. Proper calcium utilization depends on the presence of vitamin D. Of the various forms available, vitamin D3 (*cholecalciferol*) most closely resembles the vitamin D made by the human body in response to sunlight, and exhibits higher bioactivity than plant-based vitamin D2. PIONEER® Calcium Magnesium contains vitamin D3 derived from pure lanolin.

5. Boron. Research indicates that boron provides nutritive support for efficient metabolism and utilization of the bone nutrients *vitamin D, calcium, magnesium* and *phosphorus*.

6. Trace Minerals & Bone Matrix Proteins.

A unique advantage of *microcrystalline hydroxyapatite* is that it provides a broad range of trace minerals and bone proteins, in natural proportions as found in healthy bone. PIONEER adds trace minerals from seaweed to further enhance this formula's nutritional profile. Studies suggest an important role for trace minerals in the maintenance of healthy bone structure.

Serving Size 4 tablets			
Bottles of 60 or 120 Tablets	AMOUNT PER SERVING	%DV	AMOUNT PER TABLET %DV
Protein	<1 g	<1% [†]	
Vitamin D3 (cholecalciferol)	400 IU	100%	100 IU25%
Calcium (2:1:1 microcrystalline hydroxyapatite: citrate:malate)	1000 mg	100%	250 mg25%
Phosphorus (from freeze-dried bovine bone)	180 mg	18%	45 mg5%
Magnesium			
(1:1:1 aspartate:amino acid chelate:oxide)	500 mg	125%	125 mg31%
Matrix Proteins (from freeze-dried bovine bone)	440 mg	*	110 mg*
Trace Mineral Complex (as sea vegetation [Lithothamnion spp.] & freeze-dried bovine bone)	210 mg	*	52.5 mg*
Boron (1:1:1 aspartate:glycinate:citrate)	3 mg	*	0.75 mg*

[†]Percent Daily Value based on a 2,000 calorie diet. *Daily Value (DV) not established.
[‡] Full spectrum amino acid chelate from rice protein.

Other ingredients: cellulose, silica, vegetable magnesium stearate, stearic acid. 1.08

NOTE: Some ingredient details may be abbreviated on actual product labels.

For more information or to request additional copies: 800.247.6505
www.pioneer nutritional.com

