

Calcium Lactate & Calcium Lactate Powder



PREVENTATIVE CARE

Features of Calcium Lactate:

- Supports absorption of calcium and magnesium*
- Supports muscle contraction and nerve conduction
- Supports maintenance and function of cell membranes and membrane permeability
- Supports blood coagulation
- Supports proper functioning of enzyme systems
- Supports and helps maintain healthy bone density and remodeling
- Highly soluble form of calcium from a nondairy source
- Contains a 5:1 ratio of calcium and magnesium
- Provides additional support for the immune system response function
- Adequate calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life.*



The Case for Calcium & Magnesium Supplementation

Calcium and magnesium are essential minerals that need to be balanced to support bone health, muscle contraction, nerve conduction, and cellular membranes. The U.S. population struggles to meet the recommended amount of calcium and magnesium; 40 percent do not meet the calcium requirement, and 50 percent of the population has suboptimal dietary magnesium intake.¹

NOTES

DOSAGE AM

Calcium:^{2,3} Calcium is the most abundant mineral in the human body, contributing to about 40 percent of the body's mineral mass. The majority of the calcium exists in the bones and teeth, while the remaining one percent is found in intra and extracellular fluids to support metabolic functions. Sufficient dietary calcium intake is required throughout the lifespan as bones in your body are continuously remodeling. Calcium plays a role in vascular function, muscle health, immune function, nerve communication, intracellular signaling and hormonal secretion. It binds with phospholipids and gamma-linolenic acids — a type of fat — to support the blood clotting mechanism. The body maintains tight controls of blood calcium; if inadequate, it will utilize calcium from the bones.

Supplement Facts

Serving Size: 6 Tablets
Servings per Container: 15, 55, or 133

	Amount per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1g	<1%*
Calcium	250mg	19%
Magnesium	50mg	12%

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

Ingredients: Calcium lactate, magnesium citrate, and calcium stearate.

Supplement Facts

Serving Size: 1 level tablespoon (10 grams)
Servings per Container: 34

	Amount per Serving	% Daily Value
Calories	27.8	
Total Carbohydrate	6.68g	2%*
Dietary Fiber	750mg	3%
Calcium	800mg	80%
Magnesium	160mg	40%

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

Ingredients: Calcium lactate and magnesium citrate.

Available Sizes:

- Calcium Lactate 90 Tablets
- Calcium Lactate 330 Tablets
- Calcium Lactate 800 Tablets

Available Size:

- Calcium Lactate Powder 12 oz

Please consult the actual product labels for the most accurate product information

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Calcium Lactate & Calcium Lactate Powder



PREVENTATIVE
CARE

Magnesium: Magnesium is an essential mineral that acts as a cofactor in over 300 enzymes. Magnesium plays a key role in energy production, glycolysis, the synthesis of nucleic acids (DNA and RNA), and the synthesis of proteins. It is also critical for cell growth and function, energy storage and production, stabilization of cell membranes, nerve conduction, muscle contraction, and the function of ion channels.^{5,6}

Supporting Bone Health

To ensure healthy bones throughout the lifespan, consumption of adequate amounts of calcium, phosphorus, magnesium, vitamin D and K is essential. A meta-analysis looking at 30,970 participants indicated that supplementing calcium and vitamin D supported bone health in middle-aged and aging adults.⁴

Magnesium plays a vital role in bone formation by supporting osteoblasts and osteoclasts. It also acts as a cofactor for vitamin D synthesis and activation to supporting bone health.^{5,6}

Calcium Lactate is available in two convenient forms: tablets or powder. The powdered form can be incorporated into shakes or other beverages for individuals who have difficulties taking pills.

FIGURE 1. Recommended Dietary Allowances (RDAs) for Calcium⁷

Age	Male	Female	Pregnancy Lactation	
19-50 years	1,000mg	1,000mg	1,000mg	1,000mg
51-70 years	1,000mg	1,200mg	-	-
71+ years	1,200mg	1,200mg	-	-

FIGURE 2. Recommended Dietary Allowances (RDAs) for Magnesium⁷

Age	Male	Female	Pregnancy Lactation	
19-30 years	400mg	310mg	350mg	310mg
31-50 years	420mg	320mg	360mg	320mg
51+ years	420mg	320mg	-	-

REFERENCES

1. US Department of Agriculture, US Department of Health & Human Services. Scientific report of the 2015 Dietary Guidelines Advisory Committee: Advisory report to the Secretary of Health and Human Services and the Secretary of Agriculture; 2015. Available at: <https://health.gov/dietaryguidelines/2015-scientific-report/>. Accessed 9/5/2019.
2. (n.d.). Office of Dietary Supplements - Calcium. Retrieved from <https://ods.od.nih.gov/factsheets/Calcium-HealthProfessional/>
3. Ross, A. C., Taylor, C. L., Yaktine, A. L., & Valle, H. B. D. (2011). Dietary reference intakes for calcium and Vitamin D. Washington: National Academies Press.
4. Weaver, C. M. et al. (2016). Osteoporosis international : a journal established as result of cooperation between the European Foundation for Osteoporosis and the National Osteoporosis Foundation of the USA, 27(1), 367-376. doi:10.1007/s00198-015-3386-5
5. Gropper, Sareen Annora Stepnick, et al. Advanced Nutrition and Human Metabolism. Cengage Learning, 2018
6. Uwitonze, Anne Marie, and Mohammed S. Razzaque. "Role of Magnesium in Vitamin D Activation and Function." The Journal of the American Osteopathic Association, vol. 118, no. 3, 2018, p. 181., doi:10.7556/jaoa.2018.037.
7. "Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride." 1997, doi:10.17226/5776

More than
80%
of the raw plant
ingredients used in our
products are grown on
our organic and
sustainable farm

**Freshly
picked crops**
are often processed
within a day to maintain
vital nutrients

We harvest more than
6.5M
pounds of ingredients
on our certified organic
and sustainable farm

Healthy Soil. Healthy Plants. Healthy Lives.

Standard Process is a family-owned company dedicated to making high-quality and nutrient-dense therapeutic supplements for three generations.

We apply a holistic approach to how we farm, manufacture and protect the quality of our products. This comprehensive strategy ensures that our clinical solutions deliver complex nutrients as nature intended. It's how we define the whole food health advantage.

