

Calcium Lactate & Calcium Lactate Powder

VITAMINS &
MINERALS

BENEFITS OF CALCIUM LACTATE

- Contains calcium and magnesium
- Supports muscle and nerve function*
- Supports normal functions of cells and cell membranes
- Supports normal blood clotting process
- Supports proper functioning of enzyme systems
- Supports and helps maintain healthy bone density and remodeling
- Provides support in 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.
- Excellent source of calcium
- Good source of magnesium



The Case for Calcium & Magnesium Supplementation

Calcium and magnesium are essential minerals for a number of metabolic functions and processes in the body including bone health, muscle contraction and relaxation, nerve conduction, and normal functioning of cells and cell membranes. The U.S. population struggles to meet the recommended amount of calcium and magnesium; about 30% of men and 60% of women aged 19 years and above do not consume enough calcium,¹ and 48% of Americans of all ages have suboptimal dietary magnesium intake.²

Calcium^{3,4} is the most abundant mineral in the human body, contributing to about 40% of the body's mineral mass. Ninety-nine percent 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 also plays a role in vascular function, muscle health, immune function, nerve communication, intracellular signaling and hormonal secretion. Calcium supports normal blood clotting process i.e. by participating in the formation of fibrin, a key component of a blood clot.⁵ The body maintains tight controls of blood calcium; if inadequate, it will utilize calcium from the bones.

AVAILABLE SIZES:

Calcium Lactate | 90, 180, or 360 Tablets

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

Supplement Facts

Serving Size: 3 Tablets

Servings per Container: 30, 60, or 120

	Amount per Serving	%Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%*
Calcium	260 mg	20%
Magnesium	50 mg	12%

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

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

AVAILABLE SIZE:

Calcium Lactate Powder | 12 oz

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

Supplement Facts

Serving Size: 1 level tablespoon (10 grams)

Servings per Container: 34

	Amount per Serving	%Daily Value
Calories	20	
Total Carbohydrate	5 g	2%*
Calcium	800 mg	62%
Magnesium	160 mg	38%

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

Ingredients: Calcium lactate and magnesium citrate.

Vegan: Devoid of animal-based tissue, animal-based gelatin, or fish oils. They are also devoid of animal-based ingredients such as dairy, eggs, honey, beeswax, and lanolin.

Vegetarian: Lacto-ovo vegetarian, which means they are devoid of animal-based tissue, animal-based gelatin, or fish oil.

Gluten-Free have been tested to verify they meet the regulations associated with the United States Food and Drug Administration's gluten-free labeling.

Non-Dairy: Formulated to not contain milk or milk-derived ingredients.

Non-Soy: Formulated to not contain soy or soy-derived ingredients.

*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.

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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.^{6,7}

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 older adults.⁸

Magnesium plays a vital role in bone formation by regulating osteoblasts and osteoclasts. It also affects two major regulators of bone homeostasis, both parathyroid hormone and the active form of vitamin D.^{6,7}

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 Calcium.⁷

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 Magnesium.⁹

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

The **great majority** 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 **6.5 million** pounds of ingredients on our certified organic and sustainable farm

Healthy Soil. Healthy Planet. 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.

REFERENCES

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