

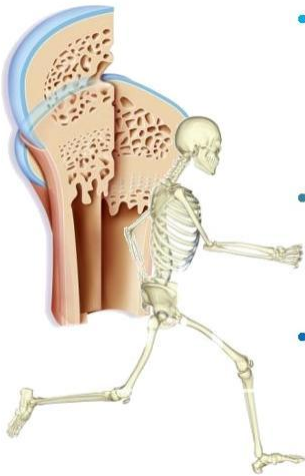
HEALTH TIP #25 – CAL-MAG WITH VITAMIN D By Maryellen Vandenbrink, RNCP

Chelated Cal-Mag® with 1,000 IU High Potency Vitamin D3

Pharmaceutically pure with Unique
Double Amino Acid Chelation

Supports and Maintains:

- Bone health
- Cardiovascular health
- Nerve and muscle function
- Essential enzymatic reactions
- Breast health
- Immune health



- **Calcium** is critical for development and maintenance of bones and teeth.
- **Magnesium** helps keep your bones strong
- **Vitamin D** promotes calcium absorption

Vitamin D₃

For Bone Health & More

- Low levels linked to heart disease, autoimmune disease, cancer, depression and osteoporosis.
- Essential for proper neuromuscular and immune function.
- Need 5 – 30 minutes of direct sun exposure of face, arms, back and legs without sunscreen.



As people age, the amount of Vitamin D made in the skin after sunlight exposure declines.

Calcium

For Bone Health & More

Supports Cardio & Neuromuscular Function

- Essential for proper:
 - Cardiovascular function
 - Muscle contraction and relaxation
 - Transmission of nerve impulses
 - Secretion and activation of hormones/enzymes



The older you get, the harder it is to absorb calcium.

WHY YOU MAY NEED THIS PRODUCT:

Calcium supports cardio & Neuromuscular function and is essential for:

- Cardiovascular function
- Muscle contraction & relaxation
- Transmission of nerve impulses
- Secretion and activation of hormones/enzymes
- The older you get the harder it is to absorb calcium

Research shows that adequate calcium and vitamin D as part of a healthy diet, along with physical activity, may reduce the risk of osteoporosis in later life.

- Magnesium helps build strong bones and stimulates calcium uptake.
- Calcium and magnesium, necessary for strong bones and teeth, are also critical for cardiovascular health, normal blood pressure, nerve and muscle function, reduction of symptoms of PMS and many enzyme reactions.
- Vitamin D promotes calcium absorption, and has also been shown to support breast, bone, heart and immune health in recent research.
- Daily supplementation of calcium and vitamin D combined may reduce the risk of bone fractures in all adults, regardless of age or gender.
- Calcium is critical for the development and maintenance of strong bones and teeth, but emerging science shows that we need more than just calcium to optimize bone health, and the benefits of calcium, magnesium and vitamin D go beyond just bone health.
- **a large percentage of North Americans fail to meet currently recommended guidelines for optimal calcium intake.**
- **More than half of all women and about one-third of all men will experience bone fractures due to osteoporosis**, a disease marked by the gradual thinning and weakening of bones.
- **Nearly 50 million Americans have hypertension, or high blood pressure.** Research shows that eating a low-fat diet rich in fruits, vegetables, and calcium may help lower blood pressure.
- Researchers believe that optimal vitamin D levels may enhance the amount of important chemicals in the brain and protect brain cells.
- Other recent studies have indicated that vitamin D and sunlight exposure can substantially reduce the risk of cancer, the flu, diabetes, heart disease, autoimmune diseases and neurological disorders. Vitamin D plays a role in the activation of at least 100 genes, many of which are involved in disease prevention.

WHY GNLD CHELATED CAL-MAG WITH 1000 MG OF VITAMIN D?

- Supports stronger bones and more. Perfect blend of chelated calcium and magnesium with high potency vitamin D3, to support a broad range of health benefits.
- Proprietary double amino acid chelation for fast dissolution and maximum absorption of minerals, calcium and magnesium. Prevents irritation to stomach and intestines.
- Preferred 2:1 ratio of 100 mg of calcium to 50 mg magnesium per tablet.
- High potency and bioavailability with 1,000 IU of readily absorbable and highly bioavailable vitamin D3 per 3 tablets.
- Easy to swallow coated tablets.

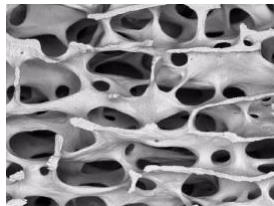
- Pure & natural. Pharmaceutically pure, seashell sourced calcium.

HOW TO TAKE:

Take 3 tablets daily.

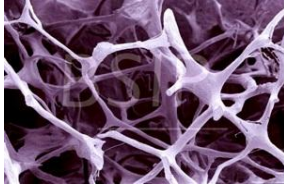
How Much Calcium Do we Need?

Infants, birth – 6 months	400 mg
6 mos – 1 yr	600 mg
Children 1-3	500 mg
Children 4-8	800 mg
Children 9 -13 yrs	1300 mgs.
Girls & Boys 11-24	1,200 – 1,500 mg
Women 25-50	1,000 mg
Men 25-65	1,000 mg
Pregnant Women	1,200 mg
Women on Estrogen	1,000 mg
Post Menopause	1,500 mg
Women & Men 65+	1,500 mg



Healthy, Strong Bones

An abundance of the right nutrients to maintain bone health will help you keep your bones healthy and strong.



Osteoporotic Bones

Not enough calcium can result in your bones becoming porous and weak as illustrated by the image above.

TESTIMONIES:

Hi my name is Emma Ivancic. I was introduced to GNLD by my daughter, Nada St. Germain, 14 years ago. I had some health issues so I started on the GNLD products to help with minor aches and pains and fibromyalgia.

When I went to for my physical last year, my doctor went through my records from the previous years and she could not understand what she saw and said "Wow your bones actually have improved, you must be doing something right!! She told me that I did not have to go for my bone density test for another 2 years.

I have been taking both the Neo cal and the Cal mag for a number of years. I knew by going to the GNLD health seminars and basic reading that women need to take 1,100 to 1500 mgs of calcium a day. I followed that advice and am very grateful I did.

Emma Ivancic

I am a 66 year old woman who has had very successful results after taking Neo-Cal. I started on the product about 10 years ago, but didn't stick with it. I quickly got back on a couple of years later after a bone density test. I was diagnosed with osteoporosis and was told my bone density was older than my chronological age. I had a test in 1999 and again in 2001. My bone density had increased a lot during that 2 year period, and my doctor was very pleased with the results. I had another bone density test at the beginning of 2004. The doctor told me that I do not have osteoporosis. I am right on the border line, and I plan to stay on the other side of that border line by continuing with my calcium.

Thanks Nada for your continued support in keeping me healthy and strong.

Josie Mclean

I was diagnosed with osteoporosis in my late 30's. I was very surprised as I am very active in karate and have no history of osteoporosis in my family. When I suffered fractured ribs from karate, I was diagnosed. I did a lot of research into difference products, but was impressed with the quality of the whole food GNLD calcium. Maryellen gave me the science to back up the

quality of the product. After researching into different types of calcium, I determined that GNLD had the best calcium. I started taking the Cal mag and Neo cal faithfully. When I went back for a bone scan, my bones had improved considerably. I was surprised as the addition of the GNLD calcium was the only change I made. It definitely works.

Dave Pelletier, Brampton

I broke my right hip when I was 51 and I was diagnosed with osteoporosis. I had a total hip replacement one year later as my bones were too soft to maintain the plates that had been placed there at the time of the break. I was put on Didronel, calcium and vitamin D for years. All bone scans during that time had showed no improvement. . Once I started taking GNLD's Neo Cal and Fosimax, my bones started showing great improvement. I fell on concrete a few years later and broke my left hip. During the surgery, the doctor was able to repair my hip with plates only and no replacement was ever needed. The doctor said my bones looked better than what he expected. I feel that the combination of Fosimax and GNLD supplementation has made the difference. I walk miles with my walker and have no problems with arthritis.

A. Taylor, Mississauga

Note: I spoke to some of the women at Audrey's osteoporosis support group and several of them commented to me the fact that they were not getting the same results as Audrey although they were taking foximax and another brand of calcium.

Maryellen

BONE DENSITY TEST

Over 3 years ago I had my bone density test done, and they were really concerned. Because I was 53 years old, they told me that my bones were older and to be careful, if I fell I could brake my bones easily.

Since then I started taking the cal mag 6 a day and Neo Cal taking 3 at night, from GNLD, for the 3 years.

Had my bone density done a month ago and the results came back totally normal for my age. The bone density has been majorly improved and was told to keep taking what I was taking.

G. Parker

Shelburne, Nov. 2008