

## **ITG Calcium & Magnesium**

When in balance, calcium and magnesium play vital roles in many areas of human health. *Calcium* is crucial for muscle contraction, proper blood clotting, wound healing, the secretion of hormones and enzymes, nerve transmission, the building of strong bones and teeth, and for inhibiting the build-up of lead in the body.

Magnesium, one of the most critical minerals in the human body, is involved in hundreds of enzyme reactions and plays a pivotal role in muscle relaxation, energy production, heart health, and maintenance of proper blood pressure and in helping to prevent the accumulation of aluminum, a toxic metal implicated in many common degenerative neurological disorders.

In summary: Calcium is necessary for muscles to contract, while magnesium is needed for muscles to relax; calcium works to simulate nerves, while magnesium calms the nerves.

Each capsule contains vit D, which is essential for development, function and maintenance of healthy bones. It also aids in the absorption and effectiveness of calcium. It also contains Boron, which is a trace element also responsible for building strong bones, muscles, thinking skills and muscle coordination.

60 Capsules (1 month supply)

