

### Synergistic Structural Maintenance

Strong and healthy bones are vital to structural system health during all phases of adult life. Calcium and magnesium supplementation support maintain structural system integrity. 4Life makes it easier than ever before to get the calcium and magnesium support necessary for optimal structural system health.

CM Super features several sources of calcium and several sources of magnesium that are chelated, then blended with vitamins and minerals for optimal absorption. Absorption is the absolute key to receiving the benefits calcium provides and CM Super has been scientifically developed to maximize your body's rate of absorption.

### Key Points

- Complete and Well-Rounded Benefits:** Supplemental calcium from varied sources optimizes your overall benefits. Calcium carbonate and di-calcium phosphate provide high levels of elemental calcium while calcium citrate and amino acid chelate provide increased inorganic calcium absorption. Varied forms of calcium supply the body the greatest quantity and lead to a stronger, healthier skeletal frame.
- Magnificent Magnesium:** Magnesium is vital to maximizing the absorption rate of calcium within the body. Furthermore, it plays a key role in bone formation and provides nutrients that support cardiovascular health.
- The Power of Chelation:** Chelated minerals are organically bound to specific amino acids to create an easily broken chemical bond leading to increased absorption of the mineral nutrient. 4Life chelates are high quality and, when combined with other forms of minerals, assure efficient use by the body.

### Did you know?

The 206 bones in the adult human body are very much alive. Living cells make up bones and help them grow and repair themselves. Bones rely on the blood coursing through the body to bring them food and oxygen and remove waste.

Bone mass peaks by about age 30, then bone breakdown outpaces formation and density declines, since the volume of bone remains about the same.

### Technical Points

- L-Lysine is an essential amino acid included as an additional support for calcium absorption.
- The Recommended Daily Allowance (RDA) for calcium is 1000 mg up to age 50, but ages 51 and over should maintain an intake of 1200 mg. CM Super combined with RiteStart will easily reach the daily intake requirement, if taken as part of a balanced diet.



**DIRECTIONS:** Take three (3) tablets once daily. For best results take CM Super with a meal and 8 oz of fluid.

**Serving Size:** Three (3) Tablets  
**Servings Per Container:** 30

### Supplement Facts

| Amount Per Serving  |        | %DV* |
|---|--------|------|
| Vitamin C (as ascorbic acid)  | 20 mg  | 33%  |
| Vitamin D (as cholecalciferol)  | 400 IU | 100% |
| Vitamin K (as phytonadione)   | 80 mcg | 100% |
| Vitamin B6 (as pyridoxine hydrochloride)                                  | 1 mg   | 50%  |
| Calcium (as carbonate, citrate, amino acid chelate, di-calcium phosphate) | 632 mg | 63%  |
| Magnesium (as oxide, citrate, amino acid chelate)                         | 270 mg | 68%  |
| Zinc (as amino acid Chelate)  | 2 mg   | 13%  |
| Copper (as amino acid Chelate)  | 1 mg   | 50%  |
| Manganese (as Glycinate)  | 1mg    | 50%  |
| L-Lysine (as L-Lysine monohydrochloride)                                  | 20 mg  | **   |
| Soy Lecithin  | 20 mg  | **   |
| Horsetail (Equisetum Arvense)(aerial parts)                               | 10 mg  | **   |
| Boron (as amino acid chelate)   | 3 mg   | **   |
| Strontium (as strontium chloride)   | 15 mcg | **   |

\* Reference Daily Intake (RDI)

\*\*Daily Value (DV) not established

Other Ingredients: Croscarmellose sodium, magnesium stearate, stearic acid, silicon dioxide, microcrystalline cellulose.

### Ordering Information

Item # 7120 - 90 ct/bottle

Item # 7122 - 12 for the price of 11