



Holistic Health Refined with Research

True to our heritage, we provide solutions that sustain and advance natural health and wellness. We combine the best of nature with responsible, smart science to deliver exclusive products with effective results. RBC Life leads natural wellness with 25 years of research experience. We understand and improve the strength of nature so we can deliver it to you.

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MagiCal®

Strong, Healthy Bones

Key Benefits:

- Provides absorbable minerals
- Supports bone health*

What is it?

MagiCal provides calcium, magnesium and trace minerals from a natural marine deposit. Spirulina adds additional micronutrients and chelated minerals.

What is it formulated to do?

MagiCal is formulated to provide optimum levels of calcium, magnesium and iron as well as trace minerals. These nutrients support strong, healthy bones and contribute to hundreds of positive functions in the body.*

Who may benefit?

Most adults can benefit from adding more essential minerals to their diet. Adequate calcium intake can be particularly beneficial to teens and adult women who are at risk for developing osteoporosis later in life.*

How is it used?

Four tablets of MagiCal are taken daily with a meal for optimum absorption.

The Essence of MagiCal

MagiCal contains a rare, natural marine deposit formed in an ancient inland sea. It provides highly bioavailable minerals in healthy proportions. Spirulina has been added to MagiCal to provide additional micronutrients and chelated minerals. MagiCal contains the best combination of calcium, magnesium, iron and other minerals and trace elements nature has to offer. Trace minerals - needed only in minute amounts - are essential for good health. Unfortunately, modern farming methods have depleted the soil, so we are not able to obtain adequate amounts of some trace minerals from the foods we eat. MagiCal is an excellent source of these essential trace minerals.*

Calcium, magnesium and other minerals play a crucial role in maintaining physical strength and vitality. Without adequate levels of many minerals, we become frail and vulnerable to the bumps and bruises of a healthy, active life. MagiCal can help restore strength to your bones and protect the long-term health of your family.*

The Critical Mineral: Calcium

Calcium is the most abundant mineral in the body. Ninety-nine percent of the body's calcium is found in the skeletal structure. Our bones not only support us, but they also act as calcium banks, providing a reserve of



the mineral in case there is a decline in blood calcium. When our diet is deficient in calcium, blood levels of calcium drop, and the mineral must be taken from our bones. Over time, loss of calcium from the bones can lead to osteoporosis, a condition in which the bones become fragile and easily breakable.

Bone density peaks around age 30. Achieving a dense bone mass before your middle years is the best protection against age-related bone loss. For this reason, the recommended daily intake has been set at 1,200 mg of calcium. For women, who are more likely to suffer from osteoporosis than men, many healthcare professionals recommend a calcium intake of 1,500 mg daily until the onset of menopause and during pregnancy. The one percent of our body's calcium that circulates through the blood plays an important role as well. Recent research indicates a strong correlation between calcium intake and blood pressure. Studies also suggest that increased calcium intake may provide protection to the colon. Calcium functions in the transmission of nerve impulses, the formation of strong teeth, and it works to regulate the contraction and relaxation of muscles, including our most vital muscle – the heart. In other words, this mineral is indispensable.*

Supplement Facts		
Serving Size: 4 Tablets Servings Per Container: 30		
Amount Per Serving	% Daily Value	
Vitamin A (as beta-carotene)	900 IU	18%
Vitamin B2 (Riboflavin)	.03 mg	<2%
Vitamin B12 (as cyanocobalamin)	.7 mcg	12%
Calcium	1066 mg	106%
Iron	9 mg	51%
Magnesium	644 mg	161%
Manganese	.3 mg	13%
Chromium	12 mcg	10%
Marine Mineral Deposit	5.2 g	†
Spirulina	300 mg	†
† Daily value not established		
Other Ingredients: Plant cellulose, vegetable stearate, silica, magnesium stearate		

The Need for Magnesium

Magnesium has many important functions, including transmission of nerve impulses, energy metabolism and proper immune functioning. Magnesium is necessary to activate hundreds of enzyme reactions in the body. It is also a major component of our bones, which makes dietary intake important for maintaining healthy bone density. Recent food surveys have shown that most Americans, especially women, fail to consume adequate levels of magnesium and other minerals needed by the bones.

While calcium is needed for muscles to contract, magnesium is the mineral that allows them to relax. Both of these minerals are important for the proper functioning of muscles, and some research is now investigating their possible benefits to the musculo-skeletal system. Research shows that adequate magnesium intake works with calcium for improved absorption. Experts suggest a calcium to magnesium ratio of 2:1 as found in MagiCal.*

Absorption

Research on the absorbability of calcium varies substantially. MagiCal contains calcium carbonate, which is well absorbed when taken with food. Several studies have shown that calcium carbonate is the most absorbable form of calcium. The other minerals in the product ensure a more complete food for your bones than an ordinary calcium supplement. Gram for gram, there is more calcium in calcium carbonate than in any other form. (For anyone who gets less than 10 minutes of sunshine a day, we suggest our 24Seven multi-vitamin to ensure adequate levels of Vitamin D, which is also needed for calcium absorption.)

Order from your RBC Life Independent Associate:

*These statements have not been evaluated by the Food & Drug Administration.
This product is not intended to diagnose, treat, cure or prevent disease.