

DAILY CAL-MAG™

FOOD COMPOUND VITAMIN

Daily Cal-Mag™ by RightFoods™ is a Food Compound Vitamin designed to nutritionally support the health of the skeletal, cardiovascular, and nervous systems.

FOOD COMPOUND NUTRITION

Each mineral in Daily Cal-Mag™ is skillfully combined with a nourishing whole food. RightFoods™ whole food extracts are excellent sources of essential vitamins, minerals and a multitude of beneficial food compounds. Current research has identified food compounds to have several important health-promoting roles in the body. The health benefits of foods rich in food compounds are so significant, health care professionals recommend a diet that is mostly comprised of fruits, vegetables, and whole grains. These are the foods rich in food compounds and essential nutrients, including minerals. Since the average American diet lacks enough servings per day of these foods, it is important to choose a Daily Cal-Mag™ Food Compound Vitamin that provides essential minerals with the right foods to promote the health of the skeletal, cardiovascular, and nervous systems.

BETTER CALCIUM, BETTER RESULTS

The *type* of calcium you take is more important than the *amount* you take. RightFoods™ exclusively uses 100% Amino Acid Chelated (AAC) minerals in Daily Cal-Mag™. All minerals, including calcium, need to attach to free amino acids for efficient absorption and utilization. More common forms of chelated calcium are calcium carbonate and calcium citrate. These forms of calcium are attached to molecules other than amino acids. In order for these chelates of calcium to be absorbed, the calcium must break away from the chelated citrate and attach to free amino acids in the digestive tract. A quality meal providing ample amounts of amino acids from digested protein needs to be consumed with these forms of calcium for efficient absorption to occur. Without enough of the right foods at the right time, the absorption rate of calcium carbonate or citrate is minimal. Studies have shown that since amino acid chelated minerals do not have to be broken apart through digestion and attached to free amino acids from food, they are up to 300 times more absorbable than other mineral complexes like calcium citrate or carbonate. Daily Cal-Mag™ also provides a balanced calcium/magnesium ratio of 2:1. This is the same ratio found naturally in over 170 fruits, vegetables, and whole grains. The inclusion of mineral rich foods such as broccoli, kale, *hydrilla* (an aquatic green food), and alfalfa further enhances the absorption and utilization of the minerals in Daily Cal-Mag™. The proteins and food compounds found in these foods act as “helping hands,” guiding the absorption and delivery of the minerals to the cells that need them most. This delivery mechanism, defined as utilization, is where good health begins. Without efficient utilization the nutritional value of calcium supplementation is diminished. *Absorption and utilization are critical factors in determining the effectiveness of a calcium supplement.*

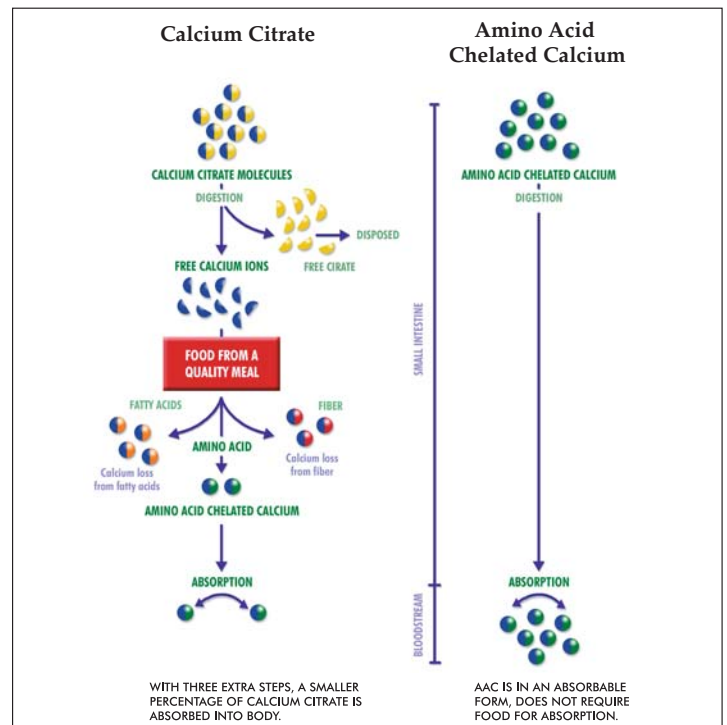


figure 1. Calcium absorption



Supplement Facts

Serving Size 3 Tablets

Amount per Serving		% Daily Value ▼
Calcium	(AAC†, Hydrilla*)	500 mg 50
Magnesium	(AAC†, Alfalfa*)	250 mg 60

Complete Active Range™ Food Compounds:

Terpenes (Carotenoids: Carrot 3:1), (Limonoids: Orange 3:1, Lemon 3:1), (Saponins: Alfalfa 3:1), (Lycopene: Tomato Extract 4:1); **Phenols** (Betanin: Beet 3:1), (Anthocyanins: Cranberry 25:1, Wild Blueberry 6:1), (Flavonoids: Citrus 3:1, Acerola 4:1, Rose Hips 4:1), (Isoflavones: Kudzu 10:1); **Amines** (Chlorophyll: Hydrilla 50:1), (Enzymes: Green Papaya 3:1); **Polysaccharides** (Rice Bran 3:1, Shiitake 3:1), (Pectin: Apple 3:1); **Organosulfurs** (Indoles: Cabbage 3:1), (Sulforaphanes: Broccoli 5:1), (Isothiocyanates: Kale 3:1), (Thiosulfonates: Onion 3:1); **Lipids** (Omega-3: Flax 3:1), (Sterols: Pumpkin Seed 4:1), (Isoprenoids: Spinach 3:1); **Organic Acids** (Ellagic Acid: Black Currant 3:1), (Coumaric Acid: Green Pepper 5:1) 400 mg **

Total Food & Herb Fresh Weight is 8,250 mg.

** Daily Value not established.

† Amino Acid Chelates are superior to many other mineral forms.

†† Carotenoids include Lutein, Zeaxanthin, Cryptoxanthin, Alpha-Carotene, and Lycopene.

THE RIGHT AMOUNT



Calcium and other minerals exist at low levels in whole foods in comparison to the dosages of most calcium supplements available today. It is counterproductive to take dosages much higher than what is found in food, because the body's innate ability to absorb calcium, among other nutrients, declines as higher doses are taken. It is not only more effective, but it is also more beneficial to your health to choose **Daily Cal-Mag™**, a Food Compound Vitamin that provides amino acid chelated calcium with supportive foods at low doses the body can efficiently absorb and utilize.

Research has shown that cultures in which receive up to 300 mg of Calcium per day is consumed from plant sources have a lower incidence of osteoporosis than cultures that rely on other forms of calcium.

(“Bone Mineral Density in a native population of Argentina with low calcium intake.” *J. Rheumatol.*, 22 (11):2148—2151 (1995).

A preliminary study found food compounds to be effective in increasing the mineral content of bones.

Ref: Muhlbauer, R.C., et al. “Effect of vegetables on bone metabolism.” *Nature*, 401: 343–44 (September 23, 1999).

To achieve a healthy nutritional foundation, health care professionals recommend that **Daily Cal-Mag™** be taken with one of RightFoods™ Food Compound Vitamins: Complete Life™, Women's Daily™, Women Over 40™ Men's Daily™, Senior's Daily™, One Daily™, or One Daily Iron-Free™.

It is prudent to consult with your health care professional and/or pharmacist before taking supplements with prescription or over-the-counter medications.

All of RightFoods™ products are FREE from Corn, Dairy, Wheat, and Yeast.
All are formulated WITHOUT Artificial Colors, Flavors, Sugars, or Preservatives.
Free of GMOs based on average analysis. Tested Six Times For Potency And Purity.

RightFoods™, Inc.

An FDA Registered Establishment

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