

1. Supporting Bone Health /Osteoperosis/Osteoarthritis

Mag Citrate



Mag Citrate is a blend of magnesium citrate and calcium citrate that nutritionally supports musculoskeletal health.

Benefits Include

- Supports muscle contraction and relaxation responses during rest or vigorous activity, and may help to prevent nocturnal leg muscle cramps.*
- Supports healthy bone structure.*

Supplement Facts

Serving Size: 2 Tablets

Servings per Container: 60

	Amount Per Serving	% Daily Value
Calcium (as calcium citrate)	40 mg	4%
Magnesium (as magnesium citrate)	200 mg	50%

*Daily value not established.

Other Ingredients: microcrystalline cellulose, croscarmellose sodium, cellulose, stearic acid (vegetable), coating (water, hypromellose, medium chain triglycerides, and hydroxypropylcellulose)

Directions: Take two tablets one to three times daily or as directed by your healthcare practitioner.

Cal Apatite Forte



Cal Apatite Forte Capsules is an excellent bone support formula that provides extra MCHC (3,036 mg per serving). This comprehensive formulation also supplies beneficial levels of vitamin D—nutrients essential for bone health.

Benefits Include

- Provides a full spectrum of macro- and trace minerals that naturally comprise healthy bone.
- Supplies vitamin D to support bone mineralization and quality.
- MCHC provides bioactive bone growth factors, type 1 collagen protein, and the intact organic portion of bone for enhanced bone nourishment.

About MCHC

The MCHC used in all Metagenics Cal Apatite Formulas is imported from New Zealand and is derived from free-range, pasture-fed cattle. MCHC is a complex crystalline compound composed primarily of calcium, phosphate, delicate organic factors and protein matrix, bone-derived growth factors, and a full spectrum of trace minerals that naturally comprise healthy bone. MCHC as a source of calcium helps maintain new bone formation to support bone mass and slow age-related bone loss.

Supplement Facts

Serving Size: 3 Capsules
Servings per Container: 60

	Amount Per Serving	% Daily Value
Vitamin D (as cholecalciferol)	600 IU	150%

Calcium (as MCHC)	684 mg	68%
Phosphorous (as MCHC)	357 mg	36%
MCHC	3,036 mg	*

*Daily value not established.

Other Ingredients: Gelatin, microcrystalline cellulose, magnesium stearate (vegetable

Directions: Take three capsules daily or as directed by your healthcare practitioner.

Cal Apatite with Boron



Cal Apatite with Boron is the same formula as original Cal Apatite, but with added boron. Boron may play a role in maintaining healthy calcium balance possibly through involvement in estrogen and vitamin D metabolism.

Cal Apatite is a comprehensive bone support formula featuring purity-tested, calcium-rich MCHC[†], a complex crystalline compound composed primarily of calcium, phosphorus, delicate organic factors and protein matrix, bone-derived growth factors, and a full spectrum of trace minerals that naturally comprise healthy bone.*

Benefits Include

- Ideal for those who prefer smaller tablets.
- In conjunction with regular exercise and a healthy diet, adequate calcium intake can play a significant role in reducing the rate of bone loss or bone thinning and in protecting bone strength.*
- MCHC as a source of calcium helps maintain new bone formation to support bone mass and slow age-related bone loss.*

- MCHC is an excellent source of bioavailable calcium, as well as a full spectrum of minerals and intact organic factors for comprehensive bone nourishment.*
- The MCHC in Cal Apatite is cold-processed to preserve the delicate protein matrix and organic factors.
- Its microcrystalline structure is verified by X-ray diffraction analysis.
- Regularly assayed by a third-party laboratory for heavy metal contamination.
- The MCHC is imported from New Zealand and derived from free-range pasture-fed cattle

Supplement Facts

Serving Size: 3 Tablets

Servings per Container: 90

	Amount Per Serving	% Daily Value
Calcium (as MCHC and dicalcium phosphate)	626 mg	63%
Phosphorous (as MCHC and dicalcium phosphate)	398 mg	40%
MCHC	1,500 mg	*
Boron (as boron citrate)	300 mcg	*

*Daily value not established.

†Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Microcrystalline cellulose, stearic acid (vegetable), cellulose, croscarmellose sodium, silica, coating (water, hypromellose, medium chain triglycerides, and hydroxypropylcellulose)

Directions: Take three tablets daily or as directed by your healthcare practitioner.

Cal Matrix



Cal Matrix® is an exceptional formula that provides nutritional support for healthy bones and joints. Cal Matrix offers comprehensive bone nourishment with vitamin D and calcium-rich microcrystalline hydroxyapatite concentrate. It also features the added benefits of glucosamine sulfate, select minerals, and vitamin C for collagen, bone matrix, and joint health support.* Helps maintain normal joint strength and function by supporting healthy bone density and cartilage matrix integrity.* Delivers nutrients that naturally comprise healthy skeletal and connective tissue.

Inflavonoid



Inflavonoid is expertly formulated to provide relief from minor pain and support healthy joints and muscle tissue. It is the perfect choice for patients whose joints and/or muscles are impacted by physical stressors, poor posture, and even inactivity. Supports healthy eicosanoid synthesis such as prostaglandins, thromboxanes, and leukotrienes that can affect muscle, joint, and connective tissue. Provides Ayurvedic herbs traditionally used to support healthy joints and muscle tissue. Provides lemon bioflavonoids and vitamin C, which help to protect connective tissues from damaging free radicals

Serving Size: 2 Tablets

Ingredient	Amount	Daily Value
Vitamin C (as ascorbic acid)	200 mg	333%
Turmeric (<i>Curcuma longa</i>) Rhizome Powder	900 mg	*
Lemon Bioflavonoid Complex [standardized to 50% (250 mg) total bioflavonoids]	500 mg	*
Ginger (<i>Zingiber officinale</i>) Rhizome Powder	300 mg	*

Other Ingredients: Microcrystalline cellulose, stearic acid (vegetable), cellulose, calcium silicate, silica, croscarmellose sodium, and coating (water, hypromellose, medium chain triglycerides, and hydroxypropylcellulose)

Directions: Take two tablets three times daily, or as directed by your healthcare practitioner.

Inflavonoid Intensive Care



Inflavonoid Intensive Care provides the same great ingredients and benefits as original Inflavonoid, but with added support for those who want a more aggressive approach.

Inflavonoid Intensive Care® is a blend of select Ayurvedic herbs traditionally used to relieve minor pain, including boswellia, turmeric, and ginger. By inhibiting certain enzymes, these herbs support healthy, balanced eicosanoid synthesis. Inflavonoid Intensive Care also provides antioxidant protection by supplying a lemon bioflavonoid complex, quercetin, and vitamin C.* Features an extract of boswellia, as well as turmeric and ginger—all premium quality and standardized to key compounds to ensure effectiveness, reproducibility, and consistent results. Provides cayenne, an herb that has long been prized for its many health benefits such as the relief of minor pain, which complements the activity of the other herbs.* Offers added antioxidant support from quercetin. Provides excellent muscle tissue support and relief of minor pain following intense exercise or "weekend warrior" activities.