

CORE CAL-MAG™

Beachbody Nutritionals™

Strong bones. Strong body.

Bones are strongest in our late teens and early 20s, and all the calcium our bodies accumulate until then is like a “calcium bank.” As soon as our early 30s, our bones begin losing mass and density and start making withdrawals from the bank! And since calcium is also required for thousands of biochemical reactions in the body, demand quickly outweighs supply. That’s why it’s critical to replenish calcium daily to keep bones healthy and strong. Core Cal-Mag™ contains milk calcium, nature’s finest source, plus magnesium and vitamin D to aid in calcium absorption and utilization so you can maximize every Beachbody® workout and beyond.*



KEY BENEFITS*

- Provides 1,000 mg of calcium per serving (100 percent of Daily Value), which helps strengthen bones and teeth
- Provides 500 mg of magnesium per serving (125 percent of Daily Value), an essential mineral required for over 300 metabolic and biological processes
- Promotes proper nerve and muscle function
- Includes vitamin D to aid calcium absorption
- Nature’s best calcium source
- Pure and potent: no risk of lead contamination as with some calcium sources

USAGE

Three tablets a day with any meal.

THE BEACHBODY® DIFFERENCE

Core Cal-Mag is sourced primarily from pure milk calcium with the added benefit of magnesium and vitamin D to aid in nerve and muscle function and maximum calcium absorption. Plus it contains no lactose, protein, or milk allergens so it’s easy for anyone to get an adequate supply of calcium daily, even if they don’t drink milk regularly.

DID YOU KNOW?

- All cells in the body need calcium to function, so when we don’t get enough through food, our bodies pull calcium from our bones, making them prone to weakness.
- According to U.S. government statistics, 55 percent of men and 78 percent of women over age 20 don't get enough calcium daily.
- Calcium is also vital for nerve function, muscle contraction, and blood clotting.

As with any new supplement, meal replacement, or exercise program, you should always first consult with your health care provider about your unique needs.

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