

# LIFEFORCE

## MAGCAL PLUS

Available in Tablets & Syrup  
Nappi Coded products

**Magcal plus formula with a balanced fully absorbable ratio of calcium and magnesium, backed up with Vitamins C and D.**

### THE FACTS:

- This formula is intended to supplement both Calcium and Magnesium because bone mineralisation (essential to build and maintain strong bones) requires both minerals.
- Calcium and Magnesium work together for cardiovascular health.
- It is the exact ratio needed to ensure maximum absorption and utilisation;
- It works synergistically as Magnesium is important for the metabolism of Calcium and Vitamin C, as well as that of Phosphorus, Sodium and Potassium.
- Known as the anti-stress minerals.

### USED TO HELP PREVENT:

- ✓ Osteoporosis
- ✓ Anaemia
- ✓ PMS
- ✓ Depression
- ✓ Blood clotting

- ✓ Insomnia
- ✓ Allergies
- ✓ Essential for effective nerve and muscle functioning
- ✓ Important for converting blood sugar into energy

**Calcium is the most abundant mineral in the body and is thus needed in the greatest quantity by our bodies.** About 99% of this is found in bones and teeth. However, the remaining 1% is of great importance to the body,

*Calcium Citrate / Malate / Carbonate combined with Tricalcium Phosphate is the most absorbable form of calcium. These well-tolerated and easily absorbed forms of calcium contain elemental calcium and make it an economical way to obtain additional calcium.*

### **BENEFICIAL EFFECTS OF ABSORBED CALCIUM:**

- Normalises nerve and muscle function
- Regulates heartbeat
- Essential for blood clotting
- Maintains proper acid base equilibrium (the ideal alkaline level is 7.5)
- Induces sleep
- Generates skin health.

### **HELPFUL IN TREATMENT OF:**

- Bone disease
- Backache
- Brittle teeth
- Bone pains
- Tremors in the fingers
- Absorption of Vitamin B12
- Athletes in relieving fatigue
- Those suffering from depression
- Calming hyperactive children.
- Pre-eclampsia in pregnant woman

More than 10% of woman over the age of 50 suffers from bone loss leading to fractures, unless supplemented by calcium. Calcium neutralises excess lactic acid in the body. Since lactic acid accumulates as a result of strenuous physical activity or mental stress.

### **MAGNESIUM**

Most of the body's magnesium is found in the bones, along with calcium and phosphorus. A smaller part of the body's magnesium is found in blood.

### **BENEFICIAL EFFECTS OF MAGNESIUM:**

- Helps to keep tooth enamel hard and resistant to decay.
- Plays an important role by activating up to 100 metabolic enzymes in the body.
- Regulates heartbeat and muscle contraction
- Protects and supports nerves
- Helps to utilise vitamins C and E
- Converts glucose to energy.
- Helps in utilisation of proteins.
- It also improves urine retention
- Keeps calcium soluble.

### **EFFECTIVE TREATMENT FOR:**

- Regulation of Cardiac Arrhythmia
- Congestive cardiac failure
- Hypertension
- Fatigue
- Diabetes
- ADD (Attention Deficit Disorder)
- Fibromyalgia
- Migraine headaches
- Menstrual problems

**According to the National Research Council the human body contains approximately 21 grams of Magnesium.**

**VITAMIN C**

Vitamin C influences several other nutrients. It improves the body's ability to absorb Calcium and Iron and excrete poisonous Copper, Lead and Mercury. It lowers cholesterol by converting it into bile acids and is in turn helped to perform its duties by Zinc. Vitamin C also assists the absorption of certain Amino Acids, and is needed in greater amounts in high protein diets used by dieters and hypoglycaemics. It helps to neutralize nitrosamines, carcinogenic substances which are formed when smoked meats such as ham and bacon are cured with nitrites to prevent Botulism and preserve an appetising appearance. Plays a leading role in the body's resistance to bacterial infections and reduces the effects of allergens in the body. Vitamin C possesses unique antioxidant properties, which assist in combating the negative effects of environmental and chemical pollutants.

**BENEFITS:**

- For the promotion of healthy gums, skin and connective tissue.
- Vitamin C aids with the absorption of Iron, and can assist as a tissue antioxidant to keep cells healthy.
- Vitamin C is the backbone of any immune boosting programme.
- It is strongly anti-viral and anti-bacterial
- Acts as a powerful anti-oxidant
- In recent research it was consistently found that those who supplemented with

Vitamin C had shorter colds with fewer symptoms.

**VITAMIN D**

It is known as the sunshine vitamin. Helps the body utilise Calcium more efficiently. Vitamin D is absorbed together with emulsified fats, through the intestinal wall. When produced by the sun it is absorbed directly into the bloodstream. After absorption, it is stored in the liver. It is also stored in smaller quantities, in the skin, brain and bones. People who do not drink milk or who are strict vegetarians should be concerned about their Vitamin D intake. Vitamin D is scarce in vegetables. It is worth noting that when a suntan is maintained the skin ceases to manufacture Vitamin D.

**BENEFITS:**

- Promotes absorption of Calcium and Phosphorus both vital for strong teeth and bones.
- For preventing Rickets (bent legs in infants and children)
- Helps to assimilate Vitamin A
- Maintains a healthy nervous system
- Normal heartbeat
- Efficient blood clotting.

**DEFICIENCY SIGNS AND DISEASE:**

**CALCIUM:**

- ❖ Porous & brittle bones, fractures
- ❖ Teeth grinding & tooth decay
- ❖ Muscle aches, leg cramps
- ❖ Skin disorders such as pigmentation loss
- ❖ Cold sores and mouth blisters
- ❖ Excessive menstrual flow
- ❖ Impaired growth

**MAGNESIUM:**

- ❖ Irregular heartbeat and heart attacks
- ❖ Jumpy nerves and weak muscles
- ❖ Convulsions & seizures
- ❖ Prostate enlargement
- ❖ Bedwetting & kidney stones

**VITAMIN C:**

- ❖ Susceptibility to colds, infections and impaired healing of wounds.
- ❖ Allergies
- ❖ Bleeding / inflamed gums
- ❖ Defective teeth
- ❖ Broken capillaries
- ❖ Anaemia
- ❖ Skin wrinkles
- ❖ Loss of appetite and fatigue
- ❖ Nervousness, anxiety, depression

**VITAMIN D**

- ❖ Soft & porous bones and teeth leading to Rickets and tooth decay
- ❖ Arthritis
- ❖ Short sightedness

**DOSAGE:**

Strength per tablet:

**Calcium** - 400mg & **Magnesium** - 350mg

Under 40's: 1 tablet 2 - 3x per day

Over 40's: 2 tablets 3 - 4x per day

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**REFORM DISTRIBUTORS**

**Suppliers of Liforce Products**

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