

KEYSTONE

A POTENT

A complete calcium and magnesium source. This formula provides vitamin D3, calcium, magnesium, boron and supporting ingredients necessary for optimum health.

DOSAGE Two capsules two times per day.

RELATED PRODUCTS OMEGA, CORE

SUPPLEMENT FACTS

Serving size : 2 capsules (1150 mg. capsule)

Calcium (citrate).....	345 mg.	34%
Magnesium (oxide).....	258 mg.	65%
Vitamin D3.....	85 IU.	22%
Boron.....	1.7 mg.	†
No RDA established. †		

Proprietary blend: Shave grass (Horsetail herb), Kelp, Passion flower, Valerian root, and Bromelain.

Contains Eza (Amylase, Protease, Lipase, and Cellulase) ADPT: Elethero (Siberian Ginseng), Reishi (Ganoderma Mushroom), Jiaogulan, Cordyceps and Rhodiola Rosea.

Other ingredients: Gelatin capsules
(Contains no known allergens)

DETAILS

Calcium is needed in the body for strong bones and teeth. It is very important in the maintenance of a regular heartbeat and for proper muscle growth and contraction. When calcium intake is low or is poorly absorbed, bone breakdown occurs; this increases one's susceptibility to problems such as osteoporosis, muscle cramps, and arthritis. Magnesium stimulates and supports the process in our bodies that regulates the levels of calcium in our bones and soft tissues.

A proper balance of calcium and magnesium is also important in muscle contraction. Calcium causes muscles to contract and magnesium helps them relax. Therefore it is essential to maintain this delicate and vital balance.

Keystone provides calcium as well as the magnesium and other substances needed for the body to effectively assimilate and use calcium. The addition of a safe amount of Boron makes the product even more effective in increasing the uptake and absorption of calcium.

Vitamin D3 acts to also help balance calcium intake and promote utilization by the body. D3 along with Boron have been found to increase the utilization and assimilation of Calcium by up to 70% more than traditional Calcium supplements.

Shavegrass, a healing herb rich in nutrients and high in silica, helps the body absorb calcium and promotes strong, healthy nails, teeth, hair, skin, and perhaps most importantly, strong bones. This is particularly beneficial for supporting the counter of bone loss and osteoporosis.

Bromelain has been used to help the absorption of medicines into the body. It contains a protease enzyme that may be beneficial to the heart. Studies have shown that bromelain supports the reduction of clustering of platelets, the formation of plaques in the arteries, and the formation of blood clots.

Our formula also contains kelp, passion flower, and valerian root, which all support the absorption and utilization of calcium and magnesium and promote overall better health.

