



NATURE'S SUNSHINE

Calcium-Magnesium (SynerPro)

GOOD FOR

Musculoskeletal System

Nervous System

Cardiovascular system

SIZE **150 tablets**

ITEM # **3244**

SERVING **2**

SUPPLY **37 days**

DIRECTIONS FOR USE Take 2 tablets with a meal twice daily.

— How the Key Ingredients Work

Calcium-Magnesium SynerPro brings together two of the body's most essential minerals — plus a carefully chosen team of supporting nutrients and whole-food concentrates — so every ingredient works with the others to help keep your bones strong, your muscles relaxed, and your body humming along from the inside out.

Calcium — The star mineral for strong bones and teeth, calcium makes up the bulk of your skeleton and keeps it firm throughout life. It also plays a quiet but vital role in helping muscles contract, nerves fire signals, and the heart beat in a steady rhythm — making it one of the most important minerals your body needs every single day.

Magnesium — Think of magnesium as calcium's essential partner. It helps your body actually use calcium properly, supports hundreds of everyday chemical reactions, and encourages muscles — including the heart — to relax after they contract. Many people also find that keeping magnesium levels topped up helps them feel calmer and less tense, since research links healthy magnesium status to a more balanced stress response.

Vitamin D3 — Without enough vitamin D3, calcium simply cannot do its job — this sunshine vitamin helps your body absorb calcium from food and direct it into your bones where it belongs. Research also shows D3 supports a healthy immune system and helps maintain normal muscle function, making it a cornerstone of any bone-health formula.

Phosphorus — Phosphorus teams up with calcium to form the hard mineral lattice that gives bones and teeth their strength — about 85% of the body's phosphorus lives right there in your skeleton. Beyond bones, it is a key building block for the energy currency your cells run on, meaning every movement and every heartbeat depends on having enough phosphorus on board.

Zinc — Zinc is a trace mineral that shows up quietly in hundreds of processes across the body. It helps maintain healthy immune defenses, supports normal testosterone levels in men, and acts as an important part of one of the body's own built-in antioxidant systems. Keeping zinc levels adequate is also linked to healthy skin and a well-functioning inflammatory response.

Copper — Copper works behind the scenes to help the body build and maintain the collagen framework that holds bones together — without it, the structural 'glue' of bone tissue cannot form properly. It also contributes to the body's natural antioxidant defenses and supports healthy red blood cell formation, making it a valuable trace mineral even in small amounts.

Boron — Boron is a trace mineral that helps the body hold on to vitamin D and estrogen longer, which in turn supports calcium and magnesium metabolism and overall bone health. Research also suggests boron may help support healthy testosterone levels in men and contribute to the body's antioxidant enzyme activity, making it a smart addition to a bone-focused formula.

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