



# Phyto Cal-Mag w/Boron

Pure Elemental Calcium, Magnesium, Vitamin D, and Boron  
in an Organic and Wildcrafted Botanical Base  
120 Veggie Capsules NPN 80033492



## Patient Reference

### Matrix Nutritional

### Cal/Mag 5:1 with Boron and Botanicals

*Matrix Nutritionals Series* was designed as an eclectic offering for the Physica Energetics line of remedies primarily to assist in the “reactivation of the mesenchyme” (Dr. Reinhold Voll), via the nutritional complement pathways. These pathways are present in every system throughout the body and require balanced attention. In keeping with the principles of BioEnergetic Medicine, the remedies nourish and support these systems without punishing them with overstimulation or imbalancing factors, which, ultimately, is counterproductive. This approach has been carefully and respectfully designed to provide the necessary natural (organic where available), synergistic factors in proper energetic and biochemical ratios, to ensure assistance towards yielding a deep and lasting result. They are not to be confused with replacement therapy nutraceuticals that may seem to help for the moment, until the patient stops taking them or the condition is driven deeper. These remedies honour The Legacy of BioEnergetic Medicine, and are known by both patient and practitioner to be exceptionally effective.

Recent research has shown that our human ancestors from the Palaeolithic Age, ingested 1600-2000 mg of calcium per day and their bones were 17% more dense than is found in people today. Dairy products and cultivated grains were unknown to our Paleolithic ancestors and their naturally high, assimilable calcium intake was obtained from raw plant sources not dairy sources as many today believe.

Today, nutrient poor soils and food processing have resulted in the depletion of vital minerals required for the maintenance of healthy tissue and bones. Antibiotics, oral contraceptives, NSAIDs, diuretics, etc. all deplete the body's mineral stores. Impaired digestion, decreased kidney function, prolonged stress and chronic diarrhea also lead to decreased mineral levels.

Calcium and magnesium work together to perform a variety of physiological functions, including:

- Maintenance of strong bones and teeth
- Regulation of heartbeat and blood pressure
- Nerve transmissions and muscle contraction
- Activating enzymes required for energy production
- Neutralizing acidic toxins, pesticides, radiation
- Protection against heavy metals, including lead, cadmium, mercury, aluminum and fluoride

In fact almost every function in the body requires assimilable calcium!

In addition, calcium acts as a cofactor in the blood coagulation pathways and assists in the absorption of vitamin B12 and many other nutrients. Magnesium supports neuro-

transmitter functions, exerts a calming effect on the nervous system and plays an important part in the body's resistance to stress.

**Supplementation of calcium without magnesium can lead to a variety of problems.** Without adequate magnesium, calcium can deposit in the soft tissues, leading to some forms of arthritis. Osteoarthritis, osteoporosis, arteriosclerosis, kidney stones and cataracts are all calcium-related degenerative diseases.

**Vitamin D is required for the absorption of calcium via the intestines** and assists calcium with blood coagulation and blood pressure regulation. Research has shown that calcium and vitamin D can be preventative against certain forms of cancer.

*Phyto Cal-Mag w/Boron* provides pure elemental calcium and magnesium in a 5:1 ratio, mirroring the ratio found in healthy plants. The presence of vitamin D3 and a slightly acidic base of pH 5.2 in this formula ensures proper assimilation of calcium and magnesium.

**Tissue and bone health are further supported** with the addition of the trace mineral boron, which has been shown to act in the prevention of bone demineralization (estrogenic pathways).

**A combination of synergistic organic and wildcrafted botanicals** have been selected for their highly soluble mineral content, as well as their ability to nourish the kidneys, nervous system, circulatory system and endocrine system.

#### Ingredients (per 4 capsules):

Boron Citrate 5 mg  
 Buchu 20 mg  
 Elemental Calcium 450 mg (2140 mg Calcium citrate)  
 Horsetail 20 mg  
 Elemental Magnesium 90 mg (563 mg Magnesium citrate)

Oat Straw 20 mg  
 Stinging nettle 20 mg  
 Valerian Root 20 mg  
 Vitamin D3 (Cholecalciferol) 400 IU  
 White Willow Bark 40 mg