



— VEGETARIAN —

# CHEWABLE CALCIUM MAGNESIUM

— GLUTEN FREE —

**DARK CHOCOLATE with ORGANIC COCOA**  
Vitamin D • Trace Minerals • Sugar-Free

*Delicious PIONEER® Chewable Calcium Magnesium blends top quality calcium and magnesium with key cofactors needed for absorption. Organic natural cocoa powder adds whole food antioxidant flavonoids and a sophisticated taste profile. Sweetened with tooth-friendly xylitol and maltitol; contains organic stevia, too!*

Research suggests many factors contribute to strong and healthy bones, notably eating a healthy diet, engaging in regular exercise (particularly weight-bearing exercise), and obtaining adequate amounts of the nutrients *calcium, magnesium and vitamin D*. While people of all ages need to consume calcium and other bone-healthy nutrients, optimizing intake may be especially critical in *adolescence*, when the majority of *bone formation* takes place, and in *senior years*, when *maintaining existing* bone mass may be of critical concern.

Not everyone meets their needs for calcium through diet alone. National survey data suggests that only thirty percent of boys and ten percent of girls between the ages of 12 and 19 consume the recommended daily intake of calcium. Meanwhile, intakes of adult women and men have consistently been found lacking. Supplementation can help meet calcium needs, but not everyone likes to swallow pills. For such individuals, PIONEER’s clinician-formulated, delectable dark chocolate *Chewable Calcium Magnesium* with organic cocoa is a natural choice.

## CONSIDER THESE PIONEER® ADVANTAGES:

### 1. Researched Forms of Calcium & Magnesium.

Calcium and magnesium are well-known as critical nutrients for bone health. PIONEER® *Chewable Calcium Magnesium* provides each in both a naturally occurring form (*calcium carbonate, magnesium oxide*) and a well-absorbed citric acid chelate form (*calcium citrate, magnesium citrate*), all providing distinct advantages. The well-absorbed citrate forms of calcium and magnesium are held together by weak chemical bonds which require minimal stomach acid for cleavage, enabling the minerals they provide to be easily released. Naturally occurring oxide and carbonate forms are structurally smaller than chelates, permitting reasonable tablet and serving sizes. Research suggests all four calcium and magnesium forms in *Chewable Calcium Magnesium* may help provide nutritive support for healthy bone formation and bone density maintenance.

### 2. Vitamin D3 – A Necessary Bone Nutrient.

The human body manufactures vitamin D in response to sunlight,

but many people lack sufficient sun exposure to produce adequate amounts. Vitamin D is required for proper calcium metabolism, which is why, historically, those deficient in this nutrient may suffer from a softening of bone tissues. PIONEER® *Chewable Calcium Magnesium* provides 400 IU of pure, lanolin-derived vitamin D3, a form which closely resembles the vitamin D our bodies synthesize and demonstrates higher bioactivity than plant-based vitamin D2.

**3. Boron, Silica & Trace Minerals.** Studies suggest that trace minerals such as copper, zinc, manganese and others are necessary for strong and healthy bones. PIONEER’s *trace mineral complex* from natural sea vegetation provides a full spectrum of trace elements that may contribute to skeletal health. *Silica*, from nourishing horsetail herb, is added to help support the structural integrity of bone. *Chewable Calcium Magnesium* also contains *boron*, which is needed in tiny amounts to help the body efficiently metabolize and utilize *vitamin D, calcium and magnesium*.

**4. Luscious, Premium Organic Cocoa.** Chocolate lovers delight! Current research suggests that antioxidant cocoa flavonoids may offer numerous health benefits, including nutritive support for healthy cognitive and cardiovascular function. Cocoa also may help to support dental health – meaningful in a chewable tablet. PIONEER’s natural, non-alkalized dark cocoa is grown on cooperative organic farms.

**5. Naturally Sweet!** Two plant-based *sugar alcohols* help provide sweetness to *Chewable Calcium Magnesium: xylitol*, from birch bark, and *maltitol*, from corn. These remarkable, low-glycemic sweeteners contain few calories and are noted for their tooth-friendly characteristics – ideal for use in a chewable tablet. As an added bonus, research suggests that maltitol may help to support intestinal calcium absorption and sturdy bones.

**6. Independently Verified Gluten-Free.** Like all PIONEER® formulas, *Chewable Calcium Magnesium* is made with *strictly gluten-free ingredients* and *tested at an independent laboratory* to assure that *absolutely no detectable gluten or gliadin* is present in the finished product.

Bottles of 90 Chewable Tablets		
Serving Size 4 tablets		
	AMOUNT PER SERVING	%DV
Calories	.15	
Total Carbohydrate	.6 g	.2%†
Sugars	.0 g	.0%†
Sugar Alcohol	.5 g	
Vitamin D3 (cholecalciferol)	.400 IU	.100%
Calcium (2:1 carbonate:citrate)	.1000 mg	.100%
Magnesium (2:1 oxide:citrate)	.500 mg	.125%
Sodium (naturally-occurring)	.5 mg	.<1%
Organic Cocoa ( <i>Theobroma cacao</i> ) Bean	.573 mg	.*
Trace Mineral Complex (as sea vegetation: <i>Lithothamnion spp.</i> )	.50 mg	.*
Horsetail Herb Extract (10% silica)	.40 mg	.*
Boron (1:1 glycinate complex:citrate complex)	.2 mg	.*

† Percent Daily Value based on a 2,000 calorie diet \*Daily Value (DV) not established.  
Other ingredients: Maltitol, xylitol, maltodextrin (carrier), natural dark chocolate flavor, silica, cellulose, guar gum, vegetable stearic acid, vegetable magnesium stearate, organic stevia leaf extract. 5.08  
NOTE: Some ingredient details may be abbreviated on actual product labels.

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