



Balanced diet and regular exercise are vital for health. Sweating accelerates loss of minerals from the body. Aging and physical changes of the body reduce efficiency of calcium absorption. In adults, the efficiency drops to one-third to one-fourth of that in teens.^[1] It is difficult to compensate for the gap from normal diets.

Scottrax Cal Mag Zinc Liquid Softgel Capsules provides adequate calcium, magnesium and zinc to maintain strong bones in adults. It also supports the immune system and brain functions. Scottrax Cal Mag Zinc Liquid Softgel Capsules provide all-round benefits for body health, helping you to get fitter and improve quality of life. Suitable for office workers, housewives, people with frequent outdoor activities and elderly.

Calcium for Bones & Motility

Our bones have significant physical functions like support, protection and exercise. It also acts as storage and reservoir for calcium.^[2] Calcium circulates around the body to control muscle contraction, blood clotting and nerve transmission.^[1-4] When the body is deficient of calcium, our bones and teeth will become fragile, and we can neither maintain normal heartbeat, nor control body movement and metabolism.

Whenever the concentration of calcium in blood is too low or too high, the calcium in bones will either make replenishment to the blood through 'bone breakdown' or save the calcium back into the bones, so as to maintain normal body

functions.^[1-4] There are many factors which affects calcium status. Some of them include low vitamin D level, high alcohol and caffeine intake, aging, lack of physical exercise and changes in hormone secretion. In aging adults, particularly among postmenopausal women, bone breakdown exceeds formation, resulting in bone loss that increases the risk of osteoporosis over time.^[1]

Magnesium for Mood & Bone Density

Magnesium is an essential mineral for human nutrition. It serves to assist muscle function, energy production, cardiovascular health and osteoarticular systems.^[5,6] People with malabsorption or alcohol consumption have higher risk of deficiency. Poor magnesium status would result in increased blood pressure, sleepiness, fatigue, irritability and poor memory.^[6] Magnesium supplements are perceived as the effective agents in relieving migraine, premenstrual tension syndrome and depression, highlighting its importance in improving mental health.^[7]

Magnesium is involved in bone formation and influences the activities of bone cells. Several population-based studies have found positive associations between magnesium intake and bone mineral density in both men and women. Other research has found that women with osteoporosis have lower serum magnesium levels. Notably, magnesium can convert Vitamin D into its active form so that it facilitates calcium absorption.^[8] Therefore, it is important to take enough of both minerals in diet to maintain bone strength and integrity.

Zinc for Immunity & Vitality

Zinc is responsible for neurological function, wound healing, bone structure and immune functions.^[9] More than 300 enzymes depend on zinc for catalytic activity.^[10] In case of injuries or infections, zinc activates white blood cells to fight against infections and promotes DNA/RNA synthesis and cell division to speed up the wound healing process.^[10,11] Zinc is important in maintaining the health of the retina with its anti-oxidizing property, and needed for optimal metabolism of the eye.^[12] The mineral also assists hair growth and skin regeneration as it helps protein synthesis and strengthens protein structure.^[13]

In bones, zinc is required for the development of bone cells. It inhibits bone resorption and stimulates bone formation. It is an essential element for protecting the bone structure and sustaining normal bone function.^[14] All in all, zinc is an excellent

nutrient for promoting overall physical health and helps you look more energetic than ever!

Calcium, Magnesium & Zinc Liquid Softgel Capsules provide a wide range of benefits:

- Building strong skeleton and teeth ^[1-4,8,9,14]
- Maintain normal bone density ^[1-4,8,9,14]
- Activate your brain & improve efficiency at work ^[6,9]
- Activate the immune system to fight against pathogens ^[9,11]
- Support muscle coordination and strength ^[4-6]
- Increase attention and concentration ^[15]
- Calm nervous system and improve mood ^[5,7]
- Support hair growth and skin regeneration ^[10,13]

Recommended daily dose:

Adults take 1-2 softgel capsules daily after meal, or as directed by your healthcare professional. If taking two softgel capsules daily, it is suggested that you have each softgel capsule at a different meal time.

References:

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