



User's Guide to Calcium & Magnesium: Learn What You Need to Know about How These Nutrients Build Strong Bones

Nan Kathryn Fuchs

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Calcium is essential for health, but it actually works best with magnesium to build strong bones, maintain a healthy heart, improve mood, and reduce PMT. This guide explains the health benefits of this nutritional team and how you can use calcium and magnesium together to enhance your health.

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