

# Magnesium

Supports cardiometabolic, neurocognitive and musculoskeletal health<sup>†</sup>

## INDICATIONS

- Ages 18 and up
- Metabolic energy support<sup>†</sup>
- Cardiovascular and cognitive health<sup>†</sup>

## BENEFITS

- Supports the metabolism of carbohydrates, amino acids and fats for energy production<sup>†</sup>
- Promotes healthy cardiovascular function<sup>†</sup>
- Provides support for cognitive and neuromuscular function<sup>†</sup>
- Helps with calcium metabolism and bone mineralization<sup>†</sup>

## FEATURES

- Available in a variety of highly bioavailable, chelated forms including aspartate, citrate, citrate/malate and glycinate
- Convenient capsule, powder and liquid delivery systems
- Made with high-quality vegan ingredients backed by verifiable science

## VERIFIABLE SCIENCE

Magnesium activates the enzymes necessary for a number of physiological functions, including neuromuscular contractions, cardiac function, and the regulation of the acid-alkaline balance in the body.<sup>1-4</sup> In a cross-sectional study involving 210 elderly individuals, optimal magnesium intake was associated with positive mood, lipid metabolism and lean body mass.<sup>5</sup> Magnesium is necessary for the metabolism of carbohydrates, amino acids and fats, as well as energy production and the utilization of calcium, phosphorus, sodium and potassium.<sup>6-12</sup> In a 15-year study involving almost 5,000 young adults, higher intakes of magnesium were associated with healthy cardiovascular function and glucose utilization.<sup>13</sup> Another large cross-sectional study found that magnesium intake was positively associated with bone mineral density in certain subgroups.<sup>14</sup> This vital mineral also helps utilize some vitamins, including vitamin B6, vitamin C and vitamin E.<sup>15,16</sup> Magnesium (glycinate) is less likely to cause loose stools than other forms of magnesium.<sup>17†</sup>

## SUGGESTED USE

Capsules

As a dietary supplement, take 1-4 capsules daily. Consume with food.

Powder

As a dietary supplement, take 1 scoop 1-2 times daily, with meals, mixed with 8 oz water.

Magnesium liquid

As a dietary supplement, take 1 teaspoon daily, with a meal, or as directed by a health professional.

Magnesium glycinate liquid

As a dietary supplement, take 2 teaspoons daily, with a meal, or as directed by a health professional.

## STORAGE

Store in a cool, dry place.

## WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

## SOURCE

- Magnesium is naturally derived from elemental ore
- Citrate and gluconate are produced by corn dextrose fermentation
- Aspartate, glycinate and malate are synthetic
- Vitamin B<sub>6</sub> is synthetic
- Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil

## NOTES

Magnesium aspartate capsules

Size 00 caps

Bottle count 90

Order codes MA9

Bottle size 290 cc

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Magnesium citrate capsules

Size 00 caps

Bottle count 90,180

Order codes MC9, MC1

Bottle size 290 cc, 20 oz

Magnesium citrate/malate capsules

Size 00 caps

Bottle count 90, 180

Order codes MCM9/MCM1

Bottle size 290 cc, 20 oz

Magnesium glycinate capsules

Size 00 caps

Bottle count 90, 180, 360

Order codes MG9, MG1, MG3

Bottle size 290 cc, 20 oz, 26 oz

Magnesium powder

Serving size: 1.7 g (1 scoop)

Servings per container: 60

3.7 oz (107 g)

Order codes MGP1

Bottle size 8 oz

Magnesium liquid

Serving size: 1 teaspoon (5 ml/0.17 fl oz)

Servings per container: 48

240 ml (8.1 fl oz)

Order codes ML2

Bottle size 20 oz

Magnesium glycinate liquid

Serving size: 2 teaspoons (10 ml/0.34 fl oz)

Servings per container: 48

480 ml (16.2 fl oz)

Order codes MGL4

Bottle size 500 ml

## REFERENCES

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## NUTRITION FACTS

1-4 capsules daily. Consume with food.

Each (size 00) vegetarian capsule contains:

Magnesium (as magnesium aspartate) 75 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate



Magnesium (aspartate)	Quantity	Order Code
	90	MA9

1-4 capsules daily. Consume with food.

Each (size 00) vegetarian capsule contains:

Magnesium (as magnesium citrate) 150 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate



Magnesium (citrate)	Quantity	Order Code
	180	MC1
	90	MC9

1-4 capsules daily. Consume with food.

Each (size 00) vegetarian capsule contains:

Magnesium (as magnesium citrate/malate) 120 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate



Magnesium (citrate/malate)	Quantity	Order Code
	180	MCM1
	90	MCM9

1-4 capsules daily. Consume with food.

Each (size 00) vegetarian capsule contains:

Magnesium (as magnesium glycinate) 120 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate



Magnesium (glycinate)	Quantity	Order Code
	360	MG3
	180	MG1
	90	MG9

1 scoop 1-2 times daily, with meals, mixed with 8 water.

Serving size: 1.7 g (1 scoop)

Servings per container: 60

Each scoop contains:

Magnesium (as magnesium citrate) 250 mg



Magnesium (powder)	Quantity	Order Code
	3.7 oz (107 g)	MGP1

1 teaspoon daily, with a meal, or as directed by a health professional.

Serving size: 1 teaspoon (5 ml/0.17 fl oz)

Servings per container: 48

One teaspoon contains:

Vitamin B<sub>6</sub> (as pyridoxine HCl) 20 mg

Magnesium (as magnesium citrate) 215 mg

Other ingredients: purified water, natural glycerin, apple juice concentrate, xylitol, natural pomegranate flavor with other natural flavors, xanthan gum, citric acid, potassium sorbate, purified stevia leaf extract

Shake well before use.



Magnesium liquid	Quantity	Order Code
	240 ml (8.1 fl oz)	ML2

2 teaspoons daily, with a meal, or as directed by a health professional.

Serving size: 2 teaspoons (10 ml/0.34 fl oz)

Servings per container: 48

Two teaspoons contain:

Calories 20

Total carbohydrate 2 g

Total sugars <1 g

Sugar alcohols 0.5 g

Protein 1 g

Magnesium (as magnesium glycinate) 165 mg

Other ingredients: purified water, grape juice concentrate, malic acid, xylitol, natural glycerin, apple juice concentrate, natural pomegranate, orange and other natural flavors, potassium sorbate

Shake well before use.



Magnesium Glycinate liquid	Quantity	Order Code
	480 ml (16.2 fl oz)	MGL4

Visit our website for more information about our GMO policy.