

## Magnesium Citrate

Magnesium is a critical mineral element required as a cofactor in more than 300 enzymes. Magnesium plays a fundamental role in numerous cellular functions including energy production, skeletal and cardiac muscle function, neurochemical transmission, bone formation, insulin secretion, calcium, sodium and potassium balance, and synthesis of carbohydrates, proteins, lipids, and nucleic acids. Magnesium has numerous beneficial actions in the body, including:

- **Muscle Relaxation:** Magnesium exerts a relaxant effect on muscles by inhibiting calcium influx and smooth muscle contraction.
- **Bone Formation:** Magnesium is essential for bone matrix formation and helps maintain bone strength. Magnesium deficiency can result in low calcium and cause vitamin D abnormalities.
- **Cardiovascular Function:** Magnesium may play an important role in regulating blood pressure and cardiac rhythm and assisting cardiac muscle function.
- **Blood Sugar Metabolism:** Magnesium is involved in glucose metabolism and insulin action. More than 30% of diabetics are low in magnesium. Low levels have been linked to insulin resistance and abnormal glucose tolerance.

Magnesium deficiency is common among all age groups. Food processing is a major cause of magnesium depletion. As much as 85% of the magnesium content of whole wheat is lost when refined to white flour. Deficiencies may also be caused by excessive calcium intake, moderate-to-excessive alcohol consumption, gastrointestinal disturbances such as diarrhea, kidney dysfunction, and the use of some diuretics, estrogens, and corticosteroids.

This product provides magnesium citrate, a readily-soluble supplemental form of magnesium. Magnesium citrate is better absorbed by individuals with hypochlorhydria compared to other less soluble forms of magnesium. However, it is important to note that use of magnesium citrate may cause loose stools or diarrhea. The amount that produces this effect varies between individuals. If diarrhea occurs, the amount should be reduced to avoid this effect as magnesium absorption will also be reduced. Magnesium Citrate can be used by adults or children who wish to increase daily magnesium intake. This product is free of artificial colors, flavors, preservatives and the following common allergens: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat/gluten, corn, yeast, and soybeans.

**Suggested Use:** One capsule one to three times daily.

This product was made in a GMP and ISO 9001:2008 registered facility.

### Supplement Facts

Serving Size 1 Capsule • Servings Per Container 90

Amount Per Capsule	% Daily Value	
Magnesium (as magnesium citrate)	150 mg	37%

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water) and L-leucine.

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These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.