



# Magnesium Products

## Macromineral Health Support\*

Magnesium is the primary element in three of our formulas.

**Solution of Magnesium**, magnesium chloride in liquid form, is a highly absorbable form of magnesium, formulated for gastrointestinal ease.\*

**Magnesium Citrate** is a capsule form of magnesium that is well tolerated and highly bioavailable.\* **Magnesium Malate Forte** combines malic acid, magnesium and vitamin B2 (riboflavin), nutrients involved in the Krebs cycle and important for energy generation.\* Magnesium malate (the salt of magnesium and malic acid) is highly absorbed.\* All three products are tested to ensure the absence of heavy metals and other contaminants.

### Key Features

- Three well absorbed forms of magnesium\*
- Magnesium is a macromineral considered essential for human health\*
- Found in the skeleton, muscles, soft tissues, and extracellular fluid



SKU #70320

Solution of Magnesium

# Magnesium Products

**Magnesium (Mg)** is one of seven macrominerals considered essential for human health; the others are sodium, potassium, calcium, phosphorus, chlorine and sulfur. The adult human body contains 20-28 grams of magnesium. Of this total amount, about 40% is found in the muscle and soft tissues, about 1% in the extracellular fluid, and the remainder in the skeleton. Surveys over recent years suggest that we may not be getting enough magnesium in the diet.

In solution, magnesium ions have two positive charges (Mg<sup>++</sup>), and magnesium as an electrolyte is critical in the electrical activity of nerve, muscle, and other tissues.\* More than 300 enzymes are known to be activated by magnesium, and as a consequence numerous biochemical pathways require magnesium.\* Calcium is also required for a variety of pathways and processes, and these two macrominerals are normally maintained in a “yin-yang” balance, in which either can synergize or antagonize the action of the other. Magnesium is also important for the homeostatic regulation of the two other major electrolytes in the body, potassium and sodium.\*

Magnesium plays roles in the cardiovascular and GI systems, peripheral vascular function, energy production, and the heart, brain, kidney and liver.\*

For instance, magnesium is involved in the body’s homeostatic maintenance of blood pressure and heart rhythm.\* Magnesium contributes to bone formation and mineralization, and it plays a role in the regulation of muscle and nerve activity through influencing cell membrane permeability.\* Frank magnesium deficiency can result in nausea, loss of muscle tonicity and strength, electromyographic abnormalities, irritability, and mental derangement.\*

Athletes and laborers may be low in magnesium, because perspiring and the use of large muscles tend to deplete it. Lactating women require higher magnesium intake, as do adolescents. In a healthy person, half of the ingested magnesium is typically absorbed. But many lifestyle, environmental, and dietary factors can lower the availability of magnesium, including missed meals, the use of diuretics, fast and high-fat foods, alcohol, and soft drinks, which are high in phosphates that leach magnesium from the body. Additionally, acid rain washes magnesium from the soil, fluoridation depletes it from drinking water, and the processing of grains and other foods lowers their magnesium content. A 1988 U.S. Government study concluded that the Standard American Diet only provided 40% of the daily requirement of magnesium.

**Magnesium Citrate** 90 vegetarian capsules · SKU 70240  
**Magnesium Citrate** 180 vegetarian capsules · SKU 76660



Supplement Facts	
Serving Size	1 Capsule
Servings Per Container	90 or 180
Amount Per Serving	% Daily Value*
Magnesium (as Magnesium Citrate)	170 mg 40%
* Percent Daily Value are based on a 2,000 calorie diet	

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, magnesium stearate, silicon dioxide.

**Suggested Use:** As a dietary supplement, 1 capsule one to three times daily between meals, or as directed by a healthcare practitioner. High doses of magnesium may have a laxative effect.

Contraindicated with use of aluminum containing drugs. Citric acid may increase mineral absorption, including aluminum.

**Solution of Magnesium** 236 mL (8 fl. oz.) · SKU 70320



Supplement Facts	
Serving Size	½ Teaspoon (2.5 mL)
Servings Per Container	94
Amount Per Serving	% Daily Value*
Magnesium (as Magnesium Chloride)	66.5 mg 16%
* Percent Daily Value are based on a 2,000 calorie diet	

Other ingredients: Deionized water, lactic acid, potassium sorbate.

**Suggested Use:** As a dietary supplement, ½ teaspoon diluted in eight ounces of your favorite beverage, two or three times daily, or as directed by a healthcare practitioner. Shake product prior to dilution.

**Magnesium Malate Forte** 120 tablets · SKU 70740



Supplement Facts	
Serving Size	2 Tablets
Servings Per Container	60
Amount Per Serving	% Daily Value*
Riboflavin (Vitamin B2)	10 mg 769%
Magnesium (60% as Magnesium Citrate and 40% as Magnesium Hydroxide)	124 mg 30%
Malic Acid	500 mg †
† Daily Value not established * Percent Daily Value are based on a 2,000 calorie diet	

Other ingredients: Stearic acid, croscarmellose sodium, gum acacia, microcrystalline cellulose, magnesium stearate.

**Suggested Use:** As a dietary supplement, 1 or 2 tablets two or three times daily with meals, or as directed by a healthcare practitioner.

For added benefit, this product may be used with L-Citrulline, item #74760.