

# Magnesium Gummy

HIGHEST DOSE OF MAGNESIUM (CITRATE) PER GUMMY AMONG LEADING PROFESSIONAL BRANDS

Many U.S. adults fall short of the recommended dietary allowance (RDA; 400-420 mg for men and 310-320 mg for women) and nearly half of Americans fail to meet the estimated average requirement (EAR) for magnesium (255-350 mg). The EAR is estimated to meet the needs of 50% of healthy individuals.<sup>1</sup> RDA and EAR values differ for children ages 9-18.



Less than 0.5 g of sugar per gummy



Supports emotional well-being, positive mood, relaxation and a healthy stress response\*



For ages 9 and up



Formulated for patients who have **difficulty meeting magnesium requirements from diet alone.**

## RESEARCH STUDIES

- Magnesium plays an **essential role in neuronal communication**, supporting the function of GABA and other key neurotransmitters with calming and relaxing effects.<sup>2-5†</sup>
- Higher dietary magnesium intakes are associated with **healthy responses to stress, positive mood, and emotional well-being.**<sup>6-10†</sup>
- Magnesium also plays an **important role in muscle relaxation.**<sup>11-13†</sup>
- Each gummy provides 150 mg of magnesium citrate, a **highly bioavailable form better absorbed than magnesium oxide.**

## Supplement Facts

**1 gummy daily, with meals.**

**1 gummy contains:**

Calories	15
Total Carbohydrate	4 g
Dietary Fiber	1 g
Total Sugars	1 g
Includes <0.5 g of Added Sugars	
Magnesium (as magnesium citrate)	150 mg
Other ingredients: fructooligosaccharides, pectin, agar, tapioca starch, purified water, natural mixed berry and vanilla flavors, citric acid, black carrot concentrate (color), trisodium citrate, carnauba wax	



Magnesium Gummy	Quantity	Order Code
	60	MGG6

## REFERENCES

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\*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.