

Magnesium (citrate)

Supports cardiometabolic, neurocognitive and musculoskeletal health[‡]

INDICATIONS

- Ages 18 and up
- Metabolic energy support[‡]
- Cardiovascular and cognitive health[‡]

BENEFITS

- Supports the metabolism of carbohydrates, amino acids and fats for energy production[‡]
- Promotes healthy cardiovascular function[‡]
- Provides support for cognitive and neuromuscular function[‡]
- Helps with calcium metabolism and bone mineralization[‡]

FEATURES

- Convenient capsule 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.¹⁻⁴ In a cross-sectional study involving 210 elderly individuals, optimal magnesium intake was associated with positive mood, lipid metabolism and lean body mass.⁵ 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.⁶⁻¹² In a 15-year study involving almost 5,000 young adults, higher intakes of magnesium were associated with healthy cardiovascular function and glucose utilization.¹³ Another large cross-sectional study found that magnesium intake was positively associated with bone mineral density in certain subgroups.¹⁴ This vital mineral also helps utilize some vitamins, including vitamin B₆, vitamin C and vitamin E.^{15,16}

SUGGESTED USE

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

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 is produced by corn dextrose fermentation
- Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil

NOTES

Size 00 caps

Bottle count 90,180

Order codes MC9, MC1

Bottle size 290 cc, 20 oz

REFERENCES

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SUPPLEMENT FACTS

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

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

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