

Magnesium (powder)

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 powder delivery system
- 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 scoop 1-2 times daily, with meals, mixed with 8 oz water.

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

NOTES

Serving size: 1 scoop (approximately 1.8 g)

Servings per container: 60

3.8 oz (108 g)

Order codes MGP1

Bottle size 8 oz

REFERENCES

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SUPPLEMENT FACTS

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

Serving size: 1.8 g (1 scoop)

Servings per container: 60

Each scoop contains:

Magnesium (as magnesium citrate) 250 mg



Magnesium (powder)	Quantity	Order Code
	3.8 oz (108 g)	MGP1

[‡]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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