Magnesium
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
• Available in a variety of highly bioavailable, chelated forms including aspartate, citrate, citrate/malate and glycinate
• Convenient capsule, powder and liquid 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 Magnesium (glycinate) is less likely to cause loose stools than other forms of magnesium.¹⁷

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

Powder
As a dietary supplement, take 1 scoop 1-2 times daily, with meals, mixed with 8 oz water.

Magnesium liquid
As a dietary supplement, children ages 4-8, take 1/2 teaspoon daily, with a meal. Adults and children ages 9 and up, take 1 teaspoon daily with a meal, or as directed by a health professional.

Magnesium glycinate liquid
As a dietary supplement, take 2 teaspoons daily, with a meal, or as directed by a health professional.

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 and gluconate are produced by corn dextrose fermentation
• Glycinate and malate are synthetic
• Vitamin B6 is synthetic
• Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil

NOTES
Magnesium citrate capsules
Size 00 caps
Bottle count 90,180
Order codes MC9, MC1
Bottle size 290 cc, 20 oz

‡These statements have 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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Magnesium citrate/malate capsules
Size 00 caps
Bottle count 90, 180
Order codes MCM9/MCM1
Bottle size 290 cc, 20 oz

Magnesium glycinate capsules
Size 00 caps
Bottle count 90, 180, 360
Order codes MG9, MG1, MG3
Bottle size 290 cc, 20 oz, 26 oz

Magnesium powder
Serving size: 1 scoop (approximately 1.8 g)
Servings per container: 60
3.8 oz (108 g)
Order codes MGP1
Bottle size 8 oz

Magnesium liquid
Serving size: 1 teaspoon (5 ml/0.17 fl oz)
Servings per container: 48
240 ml (8.1 fl oz)
Order codes ML2
Bottle size 20 oz

Magnesium glycinate liquid
Serving size: 2 teaspoons (10 ml/0.34 fl oz)
Servings per container: 48
480 ml (16.2 fl oz)
Order codes MGL4
Bottle size 500 ml

REFERENCES
## Magnesium
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### SUPPLEMENT FACTS

#### Magnesium Powder

1 scoop 1-2 times daily, with meals, mixed with 8 oz water.  
Serving size: 1.8 g (1 scoop)  
Servings per container: 60

<table>
<thead>
<tr>
<th>Each scoop contains:</th>
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<tbody>
<tr>
<td>Magnesium (as magnesium citrate)</td>
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</table>

<table>
<thead>
<tr>
<th>Magnesium (powder)</th>
<th>Quantity</th>
<th>Order Code</th>
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</thead>
<tbody>
<tr>
<td>3.8 oz (108 g)</td>
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<td>MGP1</td>
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#### Magnesium Glycinate Liquid

2 teaspoons daily, with a meal.  
Serving size: 2 teaspoons (10 ml/0.34 fl oz)  
Servings per container: 48

Two teaspoons contain:

|  
|----------------------|  
| Calories | 20 |
| Total carbohydrate | 2 g |
| Total sugars | <1 g |
| Sugar alcohols | 0.5 g |
| Protein | 1 g |

Magnesium (as magnesium glycinate) 165 mg

Other ingredients: purified water, grape juice concentrate, malic acid, xylitol, natural glycerin, apple juice concentrate, natural pomegranate, orange and other natural flavors, potassium sorbate

Shake well before use.

<table>
<thead>
<tr>
<th>Magnesium Glycinate liquid</th>
<th>Quantity</th>
<th>Order Code</th>
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<tbody>
<tr>
<td>480 ml (16.2 fl oz)</td>
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<td>MGL4</td>
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#### Magnesium (citrate/malate)

1-4 capsules daily. Consume with food.

Each (size 00) vegetarian capsule contains:

|  
|----------------------|  
| Magnesium (as magnesium citrate/malate) | 120 mg |

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

<table>
<thead>
<tr>
<th>Magnesium (citrate/malate)</th>
<th>Quantity</th>
<th>Order Code</th>
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</thead>
<tbody>
<tr>
<td>240 ml (8.1 fl oz)</td>
<td></td>
<td>ML2</td>
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</tbody>
</table>

#### Magnesium (citrate)

1-4 capsules daily. Consume with food.

Each (size 00) vegetarian capsule contains:

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|----------------------|  
| Magnesium (as magnesium citrate) | 150 mg |

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

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<th>Magnesium (citrate)</th>
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<td>MC1</td>
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<tr>
<td>90</td>
<td></td>
<td>MC9</td>
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</tbody>
</table>

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February 2024