PROFESSIONAL FORMULAS

Magnesium Complex

Clinical Benefits

- Delivers Three Forms of Highly Absorbable Magnesium
- Helps Maintain Healthy Blood Pressure, Glucose, and Insulin Levels
- Supports Musculoskeletal and Nervous System Health
- Promotes Optimal Glutathione and Nitric Oxide Status

Magnesium Complex provides a targeted three-chelate complex in a base of highly absorbable pure elemental magnesium. Encapsulated for convenience, Magnesium Complex quickly restores essential magnesium reserves by utilizing a targeted blend of the three most absorbable chelates available: citrate, glycinate, and malate. Unlike most mineral supplements that use just a single mineral chelate, Magnesium Complex leverages the power of multiple chelates to maximize absorption across several pathways, quickly boosting its whole-body benefits while being gentle on the digestive system.

Magnesium is a mineral that is vital for life. Yet, while it is required by every cell of the body, studies estimate that as many as 75% of Americans do not meet the recommended dietary allowance of magnesium.[1, 2, 3]

As the fourth most abundant mineral in the body, ***magnesium*** is used as a cofactor in over 300 enzyme systems, supporting a multitude of metabolic activities.[3, 4, 5, 6] These activities include protein synthesis, DNA and RNA synthesis, cell growth and reproduction, cellular energy production and storage, and the stabilization of mitochondrial membranes.[3, 6, 7, 8, 9, 10] Magnesium is one of the minerals responsible for helping to maintain healthy bone metabolism, blood glucose, and blood

Supplement Facts

Serving Size: Two Capsules
Servings Per Container: 45

Amount Per Serving		% DV
Magnesium (as citrate)	100 mg	24%
Magnesium (as glycinate)	100 mg	24%
Magnesium (as malate)	100 mg	24%
Magnesium (as krebs cycle)	50 mg	12%
Malic acid	550 mg	†

† The % Daily Value (DV) is not established.

Other Ingredients: Vegetarian capsule (hypromellose and water), vegetable stearate, vegetable medium chain triglycerides, and organic brown rice.

Size: 90 Capsules
Product Code: MMG
Ⓥ Vegetarian Formula
GF Gluten Free
Ⓗ Hypoallergenic

pressure.[3, 6, 7, 8, 9, 10, 11, 12, 13] And it also plays a role in the active transport of calcium and potassium ions across cell membranes, all of which support healthy neuromuscular and cardiac function.[3, 6, 7, 8, 9, 10, 13] Additionally, magnesium is required to produce glutathione, the most powerful antioxidant in the human body.[6]

Diets that include excessive intake of calcium, coffee, salt, soda, or alcohol are known to deplete intracellular ***magnesium*** levels.[14] Profuse sweating, excessive menstruation, prolonged stress, and many drugs are also known to deplete the body's magnesium reserves.[14] With the waning nutritional content of our foods and our fast-paced, modern lifestyles, supplementing this necessary mineral is an essential aspect of supporting our overall health and wellbeing.

Magnesium & Cardiometabolic Health

Research shows that ***magnesium*** supports healthy nitric oxide status, endothelial function, and vascular tone.[15] And magnesium insufficiency has been observed to trigger changes in blood pressure levels.[14] While the evidence is inconsistent and inconclusive, consuming diets with adequate magnesium may reduce the risk of high blood pressure (hypertension).[6, 16]

Magnesium also plays a key role in glucose and insulin metabolism by supporting normal cell signaling, glycogenolysis, and activity of the glucose transporter protein.[1, 3, 6, 17, 18, 19, 20, 21, 22, 23, 24]

Magnesium & Musculoskeletal Health

Bone tissue contains 50-60% of the body's ***magnesium***, and studies (including a few clinical trials) show that magnesium status is positively correlated with bone mineral density.[1, 3, 6, 25, 26, 27] In addition to structurally supporting bone tissue, magnesium may also protect bone tissue by contributing to healthy acid-base balance.[3, 28] As an alkaline mineral, magnesium may contribute to counteracting diets high in acid-forming foods such as meats and cereal grains, which contribute to metabolic acidosis. Studies examining the DASH diet, which is high in magnesium and potassium, have shown significantly reduced biochemical markers of bone turnover.[3, 29, 30]

Magnesium also plays a major role in muscle contraction and relaxation.[31] And, when muscles contract, it is magnesium that orchestrates calcium re-uptake by the sarcoplasmic reticulum, helping to maintain normal muscle function.[31,32]

Magnesium & Nervous System Health

Adequate daily intake of ***magnesium*** is critical for a balanced stress response.[33] And studies show that magnesium status is highly associated with our subjective sense of wellbeing.[33, 34, 35] While the exact role of magnesium in our perception of wellness is yet to be determined, potential mechanisms include the glutamatergic, serotonergic, and adrenergic neurotransmitter systems, as well as several neuro-hormones.[33] Magnesium helps maintain balanced neuronal signal transduction and protects against the effects of stress.[35, 36]

Recommended Dosage
As a nutritional supplement, take 2-4 capsules daily, or as directed by your healthcare professional.

Does Not Contain
Wheat, gluten, dairy, peanuts, tree nuts, egg, artificial colors, sweeteners, or preservatives.

Caution
Consult your healthcare practitioner if pregnant, nursing, or taking other nutritional supplements or medications. Keep out of the reach of children.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Citations

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