

A HIGHLY ABSORBABLE FORM OF MAGNESIUM



Benefits[†]

- Metabolism and energy production
- Healthy bone mass
- Muscle function
- Physical and mental relaxation
- Neurological health
- Healthy blood glucose metabolism
- Healthy kidney function
- Heart health
- Blood vessel function

Highlights

- Bone Health — Magnesium partners with calcium in maintaining bone health. Many individuals supplement calcium without adequate magnesium, leading to ineffective support for bone health. Magnesium is also needed for proper activity of vitamin D, which is crucial for bone health.[†]
- Digestion and Elimination — Individuals with low stomach acid or less-than-optimal digestion often lack adequate magnesium since absorption is compromised. Magnesium chelates help to restore healthy magnesium balance when digestion is not efficient. It also promotes a healthy elimination pattern.
- Cardiovascular Health — Magnesium helps support muscle relaxation and function, which is vital to cardiovascular health since the heart is a muscular organ. Magnesium is also an important cofactor in several enzymes that support healthy blood pressure.[†]
- Relaxation and Sleep — As magnesium helps muscles to relax, it can enhance relaxation, promote a sense of calm, and support normal sleep patterns.[†]
- Carbohydrate Metabolism — Magnesium is critical for the biochemical reactions involved in converting carbohydrates and fats into energy. It may also contribute to the proper functioning of insulin receptors.[†]
- Kidney Health — As magnesium balances calcium, it may support kidney health by reducing the risk for calcium to be abnormally deposited in the kidneys.[†]

Recommended Use

Take two capsules per day, or as directed by your health care practitioner.

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

[†]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.