



# Magnesium Citrate

Bioavailable Magnesium and Calcium for Healthy Muscle Function\*

Magnesium Citrate is a natural dietary supplement formulated with highly bioavailable magnesium citrate as well as calcium citrate—two essential minerals that support muscle function, bone mineralization, neurotransmission and other physiological processes.\*<sup>1</sup>

It is suspected that magnesium is one of the most common micronutrients to be lacking in the typical Western diet. In fact, the USDA estimates that as few as 1 out of every 3 adults in the U.S. meets the recommended daily intake (RDI) of magnesium, which is 420 mg.<sup>2</sup>

Magnesium deficiency can significantly increase the risk of muscular weakness and impaired contractile force, low bone density, dehydration, and neurodegenerative complications.<sup>3</sup> As such, consuming Magnesium Citrate can help support healthy magnesium levels in the body, which is imperative for longevity and well-being.\*

Magnesium Citrate also provides calcium citrate which helps your body absorb and utilize magnesium.\*

## How Magnesium Citrate Works

Magnesium Citrate includes a highly bioavailable citrate salt form of magnesium. Many magnesium supplements provide magnesium oxide, a form of magnesium which is poorly absorbed by the body (rendering it essentially useless).<sup>4</sup> Research suggests that magnesium citrate supplementation can help restore a healthy magnesium status in adults and thus support magnesium-dependent functions all throughout the body.\*

Magnesium is the eleventh most abundant element (by weight) in the human body, with over 80% of total body magnesium being found in bone and muscle tissue. By acting as a cofactor for some 300+ enzymatic reactions in the body, magnesium helps activate other proteins in the body. Magnesium also interacts with phosphate in many cellular reactions, and is essential for the synthesis of DNA, RNA, and ATP.<sup>5</sup>

The calcium citrate in Magnesium Citrate is crucial for helping the body properly absorb and make use of magnesium, as well as supporting healthy bone mineralization.\*

## Magnesium Citrate Supplementation

Clinical research cited herein suggests the benefits of Magnesium Citrate supplementation may include:

- Supports muscle function\*
- Supports healthy bone mineralization\*
- Supports neurotransmission\*
- Supports hydration\*



**Form: 120 Capsules**

**Serving Size: 3 Capsules**

Ingredients	Amount	%DV
Calcium (as calcium citrate)	60 mg	5%
Magnesium (as magnesium citrate)	300 mg	71%

### Other Ingredients:

Hydroxypropyl methylcellulose, microcrystalline cellulose, vegetable stearic acid, silicon dioxide.

### Directions:

Take three capsules daily or as directed by your healthcare practitioner.

**Warning: To be taken in the dose as prescribed by a healthcare practitioner. If loose stools occur, stop use and notify your healthcare practitioner.**

**Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.**



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN



NON-GMO



PRODUCED IN A cGMP FACILITY

\* 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.

#### References:

1. Maathuis, F. J. (2009). Physiological functions of mineral macronutrients. *Current opinion in plant biology*, 12(3), 250-258.
2. "Lack Energy? Maybe It's Your Magnesium Level". *United States Department of Agriculture*. Retrieved 27 February 2017.
3. Ayuk J.; Gittoes N.J. (Mar 2014). "Contemporary view of the clinical relevance of magnesium homeostasis". *Annals of Clinical Biochemistry*. 51(2): 179-88.
4. Lindberg, J. S., Zobitz, M. M., Poindexter, J. R., & Pak, C. Y. (1990). Magnesium bioavailability from magnesium citrate and magnesium oxide. *Journal of the American college of nutrition*, 9(1), 48-55.
5. Hartwig, A. (2001). Role of magnesium in genomic stability. *Mutation Research/Fundamental and Molecular Mechanisms of Mutagenesis*, 475(1), 113-121.