

Magnesium Citrate

160 mg, 100 capsules

Item Catalog Number: 00502

Magnesium is one of the body's most important minerals. It is required as a co-factor in hundreds of enzymatic processes within cells.¹⁶ It helps maintain normal muscle and nerve function, keeps heart rhythm steady, promotes a healthy cardiovascular function, supports a healthy immune system, and keeps bones strong. Magnesium also helps maintain blood sugar and blood pressure levels already within normal range, and it is known to be involved in energy metabolism and protein synthesis.^{17,18}

Magnesium is a major factor in relaxing the smooth muscles within the blood vessels, thereby reducing peripheral vascular resistance and promoting a healthy cardiovascular system.¹⁹⁻²¹ Magnesium also affects circulating levels of norepinephrine and the synthesis of serotonin and nitric oxide.^{16,22-24}

Magnesium positively influences the bone mineral matrix and its ability to metabolize minerals needed for repair and rebuilding.^{25,26} The scientific literature documents the need for a wide range of minerals, including calcium and magnesium, that are vital to maintaining strong, healthy bones.

A review of assimilation studies suggests that the citrate salt of magnesium is the best absorbed into the bloodstream.^{69,70} Magnesium citrate, however, is comprised of only 16% magnesium, and the recommended intake of elemental magnesium is 300 mg to 800 mg a day.^{71,72}

References

Supplement Facts

Serving Size 1 capsule

Servings Per Container 100

Amount Per Serving

Magnesium (as magnesium citrate)

160 mg

Other ingredients: magnesium stearate, gelatin.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, corn, or rice. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- Take one capsule daily with or without food, or as recommended by a healthcare practitioner.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

taking any medication, or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician.