InterPlexus™

Magnesium^{3}™

Highly Bioavailable Magnesium Compounds (Magnesium Citrate, Bisglycinate & Ascorbate)

Supports healthy cardiovascular, musculoskeletal, endocrine, neurological, and metabolic function*

Magnesium citrate, bisglycinate and ascorbate are fully-reacted, organic bound magnesium salts known to have excellent bioavailability.[1-5] Magnesium^{3} is formulated without the use of excipients or fillers.

Magnesium deficiency is common in today's society, as many individuals do not consume the recommended daily intake of magnesium from food. With the benefits that come from adequate intake, magnesium supplementation may be a critical for individuals dealing with high levels of stress and many related health concerns.

Supplementation with Magnesium^{3}:

- Supports healthy cardiovascular function*
- Inhibits platelet aggregation & dilates blood vessels*
- Provides nutritional support for muscles & bones*
- Reduces muscle spasm & soreness*
- Supports healthy bone density*
- Supports normal vitamin D synthesis & activity*
- Supports normal energy metabolism*
- Supports cognitive function*
- Enhances positive mood*
- Improves adaptability to stress*
- Improves insulin sensitivity*

Dairy Free · Soy Free · Egg Free

Gluten Free · Non-GMO · Vegetarian

NO EXCIPIENTS

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

For educational purposes only. Consult your physician for any health concerns.

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MAGNESIUM3™ MUSCULOSKELETAL SUPPORT

Magnesium^{3}™

Highly Bioavailable Magnesium Compounds

Supports healthy cardiovascular, musculoskeletal, endocrine, neurological, and metabolic function*

How does Magnesium^{3} work?

Magnesium^{3} is formulated with highly bioavailable magnesium salts for cardiovascular, musculoskeletal, endocrine, neurological, and metabolic support.*

What the research shows:

Magnesium plays many crucial roles in human physiology. It is involved in hundreds of enzymatic processes in the body that in turn influence the function of numerous body systems and metabolic pathways.

Magnesium supports cardiovascular function. It acts as a natural calcium channel blocker and a cofactor for maintaining cell membrane potential, which is crucial for establishing a steady, regular heartbeat.[6,7] Magnesium also appears to decrease the vascular and endothelial inflammation involved in atherosclerosis and hypertension.[8,9] Low magnesium levels appear to induce an inflammatory state in general which can have detrimental effects on the body.[10]

Magnesium influences electrolyte levels inside cells by moderating cell membrane transport and cell-substrate adherence. Acting as a counterbalance to calcium, magnesium encourages muscle relaxation by increasing reuptake of calcium after muscle contraction.[11,12]

Magnesium is a structural nutrient that maintains the health of bones and teeth. Around 60% of magnesium is stored in bone with most of the remainder in the skeletal muscle and soft tissues. Depleted magnesium levels and the resulting chronic inflammation are known to increase bone loss, whereas magnesium supplementation has been shown to reduce bone loss.[13]

Studies show that stress and magnesium are linked: increased stress causes urinary loss of magnesium[14], and elevated catecholamine concentrations have been shown to lower serum magnesium levels.[15] In addition, low magnesium levels can worsen the overall cumulative negative effects of the stress response.[16] Magnesium supplementation has been shown to lower cortisol levels while improving swimming and running times in competitive triathletes.[17] In situations of chronic stress, increased intake of magnesium may be required to maintain adequate magnesium stores.

Magnesium is also necessary for normal neurological function and neurotransmitter release,[18] and the links between magnesium status and mental health are documented by research. Magnesium deficient diets in animals are known to correlate with depressive and anxiogenic behaviors.[19] Low magnesium status also appears to have a correlation with depression in humans, although more research is needed to fully confirm the link.[20] Increased magnesium intake also has been shown to decrease neuronal overexcitation and improve reasoning coherence.[21]

Blood sugar and insulin problems are also correlated with low magnesium. Research shows that diabetic patients are commonly deficient in magnesium,[22] and low magnesium levels are correlated with insulin resistance as well.[23,24] Diabetes is more common in people with low magnesium intake, and complications of diabetes are more prevalent in diabetics with low magnesium levels.[24] Magnesium supplementation may help to stabilize blood sugar, restore insulin sensitivity, and normalize insulin-induced changes in cortisol output.[25,26]

Supplement Facts

Serving Size: 1 Capsule

Servings per Container: 90

	Amount Per Serving	% DV
Magnesium (as trimagnesium dicitrate anhydrous, magnesium bisglycinate, magnesium L-ascorbate 2-hydrate)	106 mg	27%

Other ingredients: magnesium carbonate, citric acid, glycine, magnesium hydroxide, ascorbic acid, vegetarian capsule (hypromellose, purified water).

Dairy, Soy, Egg & Gluten Free. Vegetarian.

Suggested Use: Take 1 capsule three times a day with a meal or as directed by your physician.

Caution: If pregnant or nursing, consult your physician before using this or any other product.

Keep out of reach of children.

Store in a cool, dry place.

Manufactured in the USA in a GMP compliant facility.

References:

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