

FACT SHEET - IMUNI Magnesium Citrate

What is IMUNI Magnesium Citrate?

IMUNI Magnesium Citrate provides a more completely absorbed, high purity form of magnesium, to assist in supplementing your dietary intake with this essential mineral.

Absorption of magnesium from different forms of magnesium supplements varies. Scientific studies have consistently found that magnesium citrate is more bioavailable and more completely absorbed than other forms of magnesium such as magnesium oxide and magnesium sulfate.

Many health supplement brands will often use clever marketing to claim that different blends and forms of magnesium are more effective for various reasons which are not always supported by scientific evidence. At IMUNI, we believe in creating clean, highly bioavailable products that do what they say. With IMUNI Magnesium Citrate, you can be assured that you're getting a form of magnesium that is more completely absorbed and more effective than other forms, without the clever marketing or unsubstantiated claims.

Consult our website imunihealth.com for detailed information on the scientific evidence behind magnesium and its various roles in human health.

Ingredients:

Each level scoop contains 2.3g of magnesium citrate (equivalent to elemental magnesium 350mg). The defined tolerable upper level of intake (UL) for supplemental magnesium for adults and children over 9 years of age (as defined by NHMRC) is 350mg.

All ingredients are vegetarian and vegan friendly. This product does not contain animal products, dairy, lactose, gluten, nuts, soy, sulfites, added sugars, artificial colours, sweeteners or flavours or genetically modified ingredients (GMO-free).

Recommended dose:

Recommended for adults and children over 12 years of age. Take one (1) level scoop per day, or as recommended by your healthcare professional. May be added to food or beverage and consumed immediately.

Precautions/contraindications:

Consult your doctor before use if:

- You have previously suffered from severe kidney disease (individuals with poor kidney function are at higher risk of developing excessive blood levels of magnesium)
- You are taking potassium sparing diuretics (e.g. spironolactone) - these can possibly increase blood magnesium levels

Warnings and adverse effects:

Vitamin and mineral supplements should not replace a balanced diet. Store below 30°C in a cool, dry place away from direct sunlight. Do not use if the tamper seal is broken or missing.

- Oral magnesium is generally well tolerated.
- The most common adverse effects include diarrhoea and nausea which are more likely at doses in excess of the recommended maximum dose of 350mg elemental magnesium per day.
- There may be some risks involved if taking very high doses of magnesium during pregnancy. The defined tolerable upper level of intake (UL) for pregnant and breastfeeding women is 350mg elemental magnesium.

Interactions with medications:

- Magnesium is known to interact with Levodopa/Carbidopa (medications used in the treatment of Parkinson's disease) and can reduce their bioavailability and effectiveness.
- Magnesium can decrease effectiveness of bisphosphonates (used in osteoporosis) as well as digoxin and gabapentin.
- Potassium sparing diuretics (e.g. spironolactone) might increase blood magnesium levels.
- Magnesium can decrease absorption of select antibiotics (e.g. doxycycline, ciprofloxacin) - this is a moderate interaction, and caution is advised.
- Magnesium can increase the absorption of sulfonylurea drugs (e.g. Gliclazide) often used in the treatment of diabetes. It would be important to consult your doctor before use and to monitor blood glucose levels closely.

References:

- Natural Medicines Database - Magnesium [Internet]. TRC Healthcare [cited 20 Oct 2021]. Available from: <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=998>
- Nutrient Reference Values for Australia and New Zealand - Magnesium [Internet]. National Health and Medical Research Council [cited 20 Oct 2021]. Available from: <https://www.nrv.gov.au/nutrients/magnesium>
- Office of Dietary Supplements - Magnesium [Internet]. Ods.od.nih.gov. 2020 [cited 11 December 2020]. Available from: <https://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/>