



**Nutritional support for bone health, muscle and nerve function, and energy cycle**

### APPLICATIONS / BENEFITS

- Supplies an essential mineral for healthy bones and teeth
- Helps maintain cellular energy levels
- Promotes healthy neuromuscular contractions
- Supports nerve health and cardiac function
- Highly absorbable and gentle formulation

### OVERVIEW

**Patient One Magnesium Chelate** supplies 200 mg of magnesium as TRAACS® bisglycinate chelate, a highly bioavailable and gentle form.

Magnesium is a co-factor that plays a fundamental role in more than 300 enzymatic and physiological functions on a cellular level. It plays a significant role in muscle and nerve function, delivery of fluid to cell structure, keeping the heart rhythm steady, and promoting normal blood pressure and healthy blood glucose levels. In sports nutrition, magnesium is commonly known for its support of energy metabolism ATP, an enzymatic energy source on a cellular level.

About 50% of magnesium in adults is found in the skeleton, and it is an essential bone matrix mineral for the development and maintenance of strong bones and teeth. Approximately 25% of magnesium is found in the muscular system, a necessary nutrient in maintaining proper muscle function. Magnesium supports the metabolism and utilization of many essential nutrients, including calcium, phosphorus, sodium and potassium. It also helps utilize B-complex vitamins, vitamin C and vitamin E. This important mineral also provides broad-spectrum cardiovascular support, including arterial function, endothelial function, C-reactive protein metabolism and lipid metabolism.

Symptoms of magnesium deficiency can include muscle tension or cramping, small intestine inflammation, metabolic syndrome, hypertension, inflammatory response to oxidative stress and insulin resistance.

Over the last century, magnesium intake has declined by more than half, from 500 mg per day to as low as 164 mg per day in adolescents and adults, according to experts. [NHANES-The National Health & Nutrition Examination Survey] In addition to diet-related magnesium deficiency, medications, stress, poor digestive function, and depletion of mineral content of soil have been identified as contributing factors. The 2009 WHO report, Calcium and Magnesium in Drinking Water, recommends total magnesium daily intake of at least 450-500 mg.

### REFERENCES

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## Supplement Facts

**Serving Size: 2 Capsules**

**Servings Per Container: 60**

Amount Per Serving	% DV*
Magnesium (as TRAACS® Magnesium Bisglycinate Chelate Buffered–Magnesium Bisglycinate Chelate, Magnesium Oxide, Albion® Di-Magnesium Malate)	200 mg 48%

\* Daily Value are based on 2,000 calorie diet

**Other Ingredients:** vegetable cellulose (capsule), rice flour, leucine

**Free of:** milk, egg, fish, peanuts, crustacean shellfish, soy, tree nuts, wheat, yeast and gluten. Free of ingredients derived from GMOs.

**Suggested Use:** Take 2 capsules up to 2 times daily as a dietary supplement, in divided doses preferably with meals, or as directed by your health practitioner. Store in a cool, dry place.

**Caution:** If you are pregnant, nursing, or taking any medications, consult your health practitioner before use. Discontinue use and consult your health practitioner if any adverse reactions occur. **Keep out of reach of children.**

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Vegetarian

Gluten Free

Non-GMO

Vegetable Caps

The statements in this document have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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