



## MAG<sup>3</sup> COMPLETE™

Ora Mag<sup>3</sup> Complete contains a unique blend of three readily-absorbed forms of magnesium; Magnesium amino acid chelate, Magnesium citrate anhydrous and Magnesium glycinate dihydrate for optimal absorption to help support muscle, nervous system, bone and heart health. Combined with Vitashine™ vegan Vitamin D3 for immune support and activated Vitamin B12 to support energy production.



Tri-Magnesium



Vitashine™ Vegan  
Vitamin D3



Activated  
Vitamin B12

ACTIVE INGREDIENTS	PER CAPSULE	PER DAY
Magnesium amino acid chelate (Bisglycinate) Equivalent Magnesium	768.2 mg 153.6 mg	1536.4 mg 307.2 mg
Magnesium citrate Equivalent Magnesium	100.4 mg 15.5 mg	200.8 mg 31 mg
Magnesium glycinate dihydrate Equivalent Magnesium	51.3 mg 5.85 mg	102.6 mg 11.7 mg
<b>Total Magnesium</b>	<b>174.95 mg</b>	<b>349.9 mg</b>
Colecalciferol (500 IU Vitashine™)	12.5 mcg	25 mcg
Mecobalamin (co-methylcobalamin) (Activated Vitamin B12)	25 mcg	50 mcg

Vitashine™ is a trademark of ESB Developments Ltd.

✓ Suitable for vegetarians and vegans

✓ 60 or 120 caps (1 or 2 months' supply)

### Who This Is For

Ora Mag<sup>3</sup> Complete™ is recommended for adults seeking help with:

- Relaxing muscle tension and cramps
- Muscle growth and repair
- Healthy bones and teeth
- Restoring normal energy levels
- Stress relief
- Improving PMS symptoms
- Regulating blood sugar levels
- Performance recovery
- Reducing inflammation
- Healthy DNA and cell health
- Improving immune defence

### Co-creating wellness™

Ora recommends a holistic approach in combination with Ora Mag<sup>3</sup> Complete™.

Try the following to enhance results:

- Wholefood diet
- Magnesium-rich foods - seeds, nuts, dark leafy greens
- Epsom salt foot baths
- Deep breathing exercises
- Daily meditation practice
- Ensure plenty of restful sleep
- Raw cacao treats

Combines well with:

- Ora Organic Greens Superpowder+™
- Ora Adaptogen Tonic+™



### Traceable Ingredients

We take pride in selecting only the highest quality ingredients from all over the world and believe in being transparent about the ingredients we use. The active ingredients in Ora Mag<sup>3</sup> Complete™ are sourced from:

**Magnesium amino acid chelate (Bisglycinate)** – Produced in North Salt Lake Utah, USA by a leading manufacturer of speciality phosphates at a GMP compliant and NSF certified facility with Kosher, Halal and Non-GMO certifications.

**Magnesium citrate anhydrous** – Produced in Penglai city, China in a manufacturing facility in a US FDA audited facility with ISO22000 international quality management system certification and producing products to USP and BP pharmacopeial standards.

**Magnesium glycinate dihydrate** – Produced in Hubei province, China, in leading manufacturing facility specialising solely in glycine amino acid ingredients. GMP, ISO-14001, ISO -9001, HACCP, Kosher, Halal certified.

**Vitashine™ D3**– Sustainably sourced from wild-crafted lichen and manufactured through a multistep process of extraction, purification and concentration in the UK. Vitashine™ is registered and certified by: The Vegan Society, Indian Vegetarian Mark, the Vegetarian Society and Non-GMO Project.

**Methylcobalamin (Activated Vitamin B12)** – Produced in Hubei province, China at the largest specialist manufacturer of pharma grade B12 ingredients in the world.

## Find Out More

Magnesium is an essential mineral in many metabolic reactions, including lipid metabolism, amino acid activation, the citric acid cycle and the glycolytic cycle. Its primary function is as a cofactor to over 300 enzymatic reactions, thus playing an important role in cell growth and replication, nerve transmission, lipid and protein synthesis, regulating calcium levels and parathyroid hormone (PTH) secretion, and relaxing muscles.

40% of the Australian population do not get enough dietary magnesium and 70% of the Australian population are deficient in this mineral. Inadequate dietary intake is not the only cause of magnesium deficiency. Risk factors for deficiency include excessive intake of alcohol, salt, phosphoric acid from soft drinks, profuse sweating, intense prolonged stress and gastrointestinal disorders that result in malabsorption.

**Magnesium amino acid chelate** - is a type of amino acid chelate where two molecules of the amino acid glycine are bonded to magnesium, forming a complete protective shell around the mineral. This structure protects the mineral against outside influences, like oxidation, absorption inhibitors such as phytates, or interaction with gastro-intestinal components, resulting in a mineral chelate which has increased bioavailability, increased digestibility, better taste and higher efficacy.

**Magnesium citrate anhydrous** - is an organic source of magnesium bound to citric acid. It's a well tolerated and highly bioavailable water-soluble source of magnesium for the body. Magnesium citrate is commonly used to gently relieve constipation and irregularity as well as reduce the risk of cardiovascular conditions such as atherosclerosis and arrhythmia.

**Magnesium glycinate dihydrate** - is a form of elemental magnesium bonded to the amino acid, glycine. The glycine has a buffering effect which improves solubility of magnesium and therefore improves bioavailability. Glycine is an inhibitory neurotransmitter and can provide a calming effect on the mind.

**Cholecalciferol (Vitamin D3)** - has the ability to attach to Vitamin D receptor (VDR) cells present in most tissues and cells in the body, including the brain, vascular smooth muscle, prostate, breast and macrophages. In addition to the usual renal activation of cholecalciferol into its active form calcitriol, Vitamin D can locally synthesise and act independently on cells outside the renal activation pathway. This has an extensive effect on the immune system due to its ability to take charge of cellular differentiation, proliferation and growth in localised areas as needed. Vitamin D plays a critical role in maintaining calcium and phosphorus levels to maintain healthy bones and teeth. Vitamin D and Magnesium positive interact, affecting each other's activation and utilisation within the body. The metabolic process that converts Vitamin D into its active metabolite is magnesium dependent, while Vitamin D increases Magnesium's intestinal absorption by 30-40%.

**Methylcobalamin (Activated Vitamin B12)** - is an essential cofactor for the normal functioning of all cells. In addition to affecting cell growth and replication, B12 is involved in metabolising macronutrients, fatty acid and nucleic acid synthesis, synthesis of protein structures in myelin sheath and nerve cells and in the production of red blood cells in bone marrow. Methylcobalamin (activated B12) is required for the reduction of homocysteine levels by donating its methyl-group and aiding the conversion into methionine and SAME.

## How We Make It

We use the minimum amount of excipients during our manufacturing process.

Ora Mag<sup>3</sup> Complete™ contains the following added substances:

Calcium hydrogen phosphate dihydrate, Microcrystalline cellulose, Magnesium stearate, and Colloidal anhydrous silica – added to aid the manufacturing process, enhance final product stability and support efficacy of the product.

Additional substances related to the capsule and individual ingredients, not added during the product manufacturing process: Vegetarian Capsule excipients: Hypromellose, water.

No added yeast, soy, added sugars, lactose, gluten, artificial colourings, dairy, or animal products.

## Indications For Use

We acknowledge and celebrate the empirical knowledge gained through the evaluation of minerals and vitamins through robust human clinical research in contemporary science.

Ora Mag<sup>3</sup> Complete™ contains three readily-absorbed forms of magnesium which:

- Support muscle function and relaxation
- Relax the nervous system
- Support heart health
- Support healthy bones and teeth

Ora Mag<sup>3</sup> Complete™ also includes Vitashine™ Vitamin D3 sourced from lichen to:

- Maintain immune system health
- Support muscle function
- Support nervous system health
- Support healthy bones and teeth

Ora Mag<sup>3</sup> Complete™ also includes activated Vitamin B12 to:

- Support energy production
- Maintain healthy immune system health
- Support nervous system health
- Assist with healthy red blood cell production

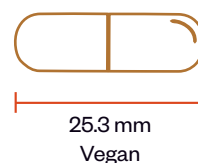
## Directions For Use

Take one capsule, twice daily, or as recommended by your healthcare practitioner. Always read the label. Follow the directions for use. If symptoms persist, worsen, or change unexpectedly, talk to your healthcare professional.

**Pack size:** 60 or 120 vegan capsules

**Product Code:** MAGCOM60-ORA (60 capsules) / MAGCOM120-ORA (120 capsules)

## Serving Size



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