

## Liquid Magnesium

### DESCRIPTION

Liquid Magnesium supplies magnesium citrate in a great-tasting pomegranate flavored liquid, sweetened naturally with stevia.

### FUNCTIONS

Magnesium is a mineral with an important physiological function in the body. However, typical diets in the U.S. and other industrialized countries often provide less than adequate amounts of magnesium. Dietary sources of magnesium include legumes, whole grains, vegetables (especially broccoli, squash, and green leafy vegetables), seeds, and nuts (especially almonds). About one third of dietary magnesium is absorbed. The efficiency of absorption depends on magnesium stores in the body, among other factors. Certain medications can deplete levels of magnesium in the body. Supplementation with bioavailable forms of magnesium such as citrate salts can help bridge the gap between dietary intake and optimal requirement.

Magnesium plays an essential role in a wide range of fundamental cellular reactions.† More than 300 enzymes require magnesium as a cofactor. Complexed with adenosine triphosphate (ATP), the main carrier of metabolic energy in the body, magnesium is essential for all biosynthetic processes: glycolysis, formation of cyclic adenosine monophosphate (cAMP), energy-dependent membrane transport, transmission of genetic code for protein synthesis, and muscle function.† Magnesium is also involved in maintaining normal heart function and blood pressure.† Two thirds of the body's magnesium content is located in the skeleton and soft tissues. Since magnesium is an essential nutrient, the body may sacrifice bone in times of deficiency as a magnesium source to maintain homeostasis. Recent scientific studies show that magnesium supplementation not only promotes bone formation while increasing its dynamic strength, but also prevents bone resorption.†

### INDICATIONS

Liquid Magnesium is indicated for individuals that require magnesium supplementation and prefer liquid form.

### FORMULA (#57622-8OZX)

Serving size 1 teaspoon (5 ml)

Magnesium (from magnesium citrate).....225 mg

Other ingredients: Purified water, natural glycerin, natural pomegranate flavor, xanthan gum, citric acid, potassium sorbate and purified stevia extract.

### SUGGESTED USE

Adults take 1 teaspoon daily (5 ml) or as directed by a healthcare professional.

Children take only as directed by a healthcare professional.

**WARNING:** Individuals taking bisphosphonates and certain antibiotics should separate doses of magnesium by at least 2 hours. Caution should be taken with concurrent use of potassium-sparing diuretics.

### SIDE EFFECTS

Doses higher than 350 mg per day may cause loose stools or diarrhea.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

### REFERENCES

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## Liquid Magnesium

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**For more information on Liquid Magnesium, visit [douglaslabs.com](http://douglaslabs.com)**

† These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.

Manufactured by  
Douglas Laboratories  
600 Boyce Road  
Pittsburgh, PA 15205  
800-245-4440  
[douglaslabs.com](http://douglaslabs.com)



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