

Pure Magnesium Warnings and Contraindications

Pure Magnesium

Pure Magnesium is a Premium Practitioner Approved formula. It contains magnesium bound to the amino acid glycine (magnesium bisglycinate), which has been clinically proven to be a highly absorbable and tolerated form of magnesium. Magnesium is an essential mineral, involved in over 300 different enzymatic processes by the body, which makes it one of the most in demand minerals.

Suggested Serving:

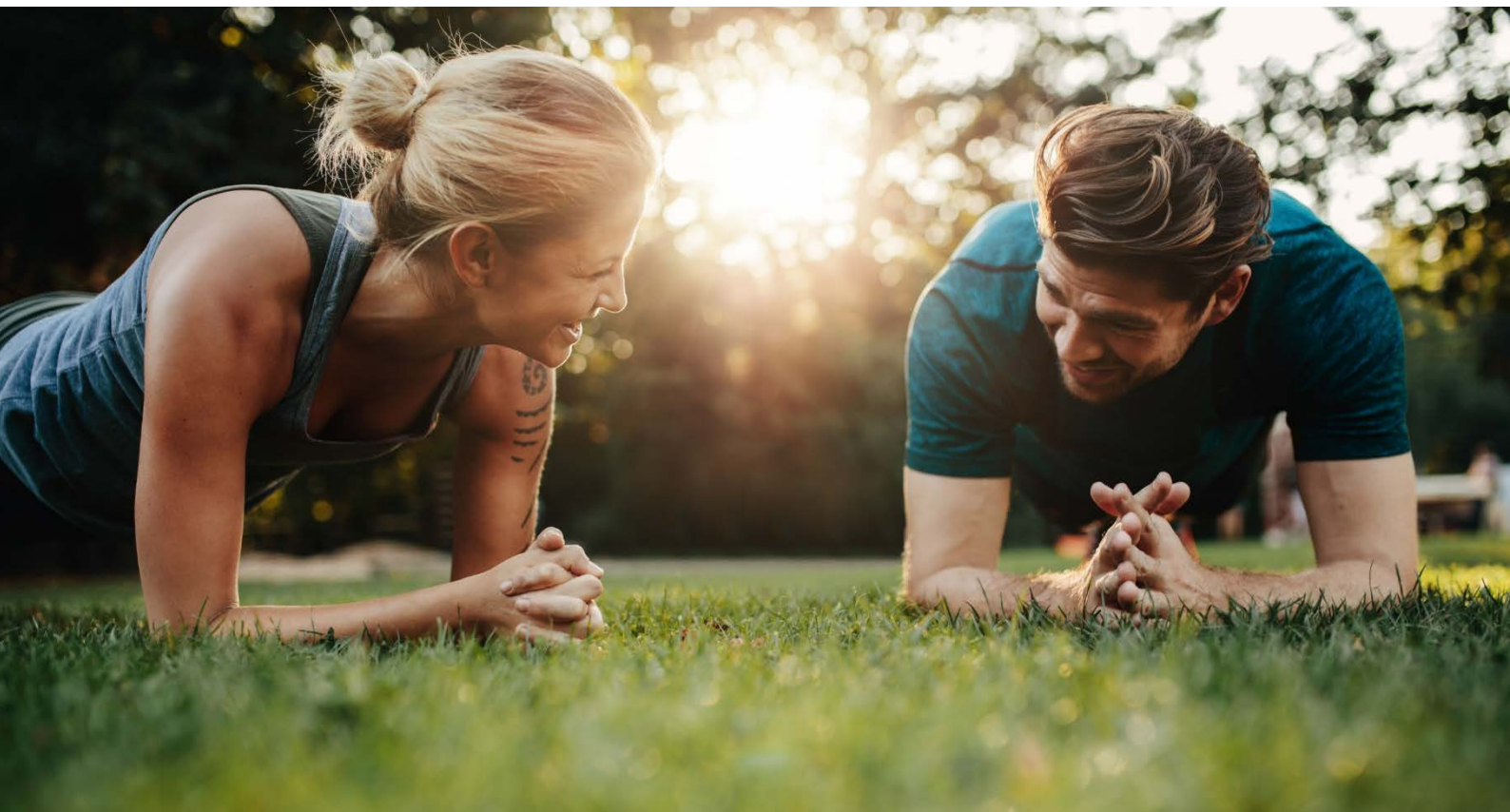
As a dietary supplement, adults should take 2 capsules daily after food. Up to 6 tablets can be taken daily. American Recommended Daily intakes includes:

Age	Male(Mg/Day)	Female(Mg/Day)	Pregnancy(mg/day)	Lactation(mg/day)
1-3	80	80	-	-
4-8	130	130	-	-
9-13	240	240	-	-
14-18	410	360	400	360
19-30	400	310	350	310
31+	420	320	360	320

From the Institute of Medicine of the National Academy of Sciences.

Warning: Magnesium absorption can be affected by phytate, fibre, alcohol, excess saturated fats, phosphorus and calcium intake. Further risk factors for Magnesium depletion include:

- Dietary – Excessive intake of ethanol, salt, phosphoric acid (soft drinks), caffeine
- Endocrine Disorders – Hyperaldosteronism, Hyperthyroidism, Diabetes mellitus and glucosuria Lifestyle –
- Profuse sweating. Intense prolonged stress



- Gastrointestinal Disorders – Coeliac Disease, Infections, Inflammatory Bowel Diseases, Malabsorption Syndromes, pvancreatitis, Vomiting/Diarrhoea
- Pharmaceutical Drugs - Loop Diuretics, Cisplatin, Corticosteroids, Cyclosporine, Antibiotics such as Tetracyclines and Aminoglycosides
- Renal – Metabolic Disorders, Acidosis
- Other – Hyperthermia, Phosphate depletion, Potassium depletion, Pregnancy, Lactation, Exces sive menstruativon, parasitic infection.

Adverse Reactions

The most typical adverse reaction from oral supplementation of magnesium is diarrhoea and gastric upset. Typically dosed above 350mg daily may be associated with adverse effects. We find that the form of Magnesium in Pure Magnesium is far more gentle than other forms, which greatly reduces the incidence of this occurring, however, we still recommend that high dose supplements should not be used by people with severe kidney disease or heart block (unless a pacemaker is present). People who have Myasthenia Gravis should avoid magnesium supplementation.

Drug Interactions

Calcium-channel blockers: Magnesium may enhance the hypertensive effect of calcium-channel blockers. Please monitor due to vpossible beneficial interaction.

Fluoroquinolones: Magnesium may decrease the absorption of fluoroquinolone antibiotics – separate doses by at least 2 hours before or four hours after oral magnesium.

Tetracycline Antibiotics: Tetracyclines form insoluble complexes with magnesium thereby reducing the absorption of both – separate doses by at least two hours.

Potassium-Sparing Diuretics

If you experience any symptoms which concern you, please consult your doctor.

