

Magnesium Support



ND FORMULAS

Benefits of Magnesium Support

- Muscle Relaxation
- Bone Formation
- Cardiovascular Function
- Blood Sugar Metabolism

Magnesium is a critical mineral element required as a cofactor in more than 300 enzymes. Magnesium plays a fundamental role in numerous cellular functions including energy production, skeletal and cardiac muscle function, neurochemical transmission, bone formation, insulin secretion, calcium, sodium and potassium balance, and synthesis of carbohydrates, proteins, lipids, and nucleic acids.

All ND Formulas Formulas Meet or Exceed cGMP Quality Standards

Magnesium has numerous beneficial actions in the body, including:

- **Muscle Relaxation:** Magnesium exerts a relaxant effect on muscles by inhibiting calcium influx and smooth muscle contraction.
- **Bone Formation:** Magnesium is essential for bone matrix formation and helps maintain bone strength. Magnesium deficiency can result in low calcium and cause vitamin D abnormalities.
- **Cardiovascular Function:** Magnesium may play an important role in regulating blood pressure and cardiac rhythm and assisting cardiac muscle function.
- **Blood Sugar Metabolism:** Magnesium is involved in glucose metabolism and insulin action. More than 30% of diabetics are low in magnesium. Low levels have been linked to insulin resistance and abnormal glucose tolerance.

Magnesium deficiency is common among all age groups. Food processing is a major cause of magnesium depletion. As much as 85% of the magnesium content of whole wheat is lost when refined to white flour. Deficiencies may also be caused by excessive calcium intake, moderate-to-excessive alcohol consumption, gastrointestinal disturbances such as diarrhea, kidney dysfunction, and the use of some diuretics, estrogens, and corticosteroids.

This product provides magnesium citrate, a readily-soluble supplemental form of magnesium. Magnesium citrate is better absorbed by individuals with hypochlorhydria compared to other less soluble forms of magnesium. However, it is important to note that use of magnesium citrate may cause loose stools or diarrhea. The amount that produces this effect varies between individuals. If diarrhea occurs, the amount should be reduced to avoid this effect as magnesium absorption will also be reduced. Magnesium citrate can be used by adults or children who wish to increase daily magnesium intake. This product is free of the following common allergens: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat/gluten, corn, yeast, and soybeans. Contains no artificial colors, flavors, or preservatives.

Suggested Use: Adults: 1 capsule, 1 to 3 times daily with food or as directed by a healthcare professional. Children: As directed by a healthcare professional.

Do not use if shrinkwrap is broken or missing. Store in a cool, dry place (59°F-85°F) away from direct light. KEEP OUT OF REACH OF CHILDREN.

Produced under a strict quality management system in compliance with Good Manufacturing Practices (GMPs) and third-party quality certifications.



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Supplement Facts

| Serving Size 1 Capsule | | |
|--|---------------|-----|
| Servings Per Container 90 | | |
| Amount Per Capsule | % Daily Value | |
| Magnesium (as magnesium citrate complex) | 150 mg | 36% |

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water) and ascorbyl palmitate.



Distributed by:
ND Formulas
2308 Bellmore Ave
Bellmore, NY 11710
www.ndformulas.com

DIETARY SUPPLEMENT | 90 CAPSULES

*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.

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