

Magnesium Citrate

ENERGY • FOCUS • ENDURANCE



Clinical Applications

- Superior "Magnesia" Laxative Formula Ideal for Facilitating Bowel Movements*
- Supports Cardiovascular Health*

*Magnesium plays a vital role in hundreds of metabolic activities. The mineral particularly supports muscle and nervous system function. Magnesium Citrate supports healthy bowel movement by attracting water when it is in the intestine.**

All Star Energetics, Inc. Formulas Meet or Exceed cGMP Quality Standards

Discussion

The superior bioavailability noted above was the conclusion of a 60 day randomized, double blind, placebocontrolled, parallel intervention study comparing a daily dose of 300 mgs elemental magnesium as magnesium citrate to the oxide and chelate forms. In this study Mg citrate showed the greatest increase in Mg concentration in the serum and saliva in both 24-hour and 60-day post -supplementation specimens.*

In general, the administration of magnesium is an effective therapeutic option for a wide range of conditions. However, the bioavailability and pharmacokinetics of various magnesium salts correlate with their structureactivity relationship. Therefore, particular forms are condition-specific.*

A study that evaluated 40 post M.I. patients found that after 3 weeks of Mg citrate supplementation extrasystoles significantly decreased. Other findings suggest that 6-month oral magnesium supplementation in patients with CAD can significantly improve exercise tolerance, exercise-induced chest pain, and quality of life.*

The citrate form of magnesium was proven to be potent in inhibiting the growth of stone fragments after extracorporeal shock wave lithotripsy. Long term supplementation with magnesium citrate has been demonstrated to work well in childhood mild to moderate asthma. It is a form that in another study restored RBC Mg levels to patients with severe congestive heart failure on high dose diuretics.*

In a six-week randomized, double-blind, cross-over, placebo-controlled trial that employed 300mg of elemental magnesium in the form of magnesium citrate, 78% of the subjects thought their nocturnal leg cramps had been helped.*

Magnesium citrate is the form of magnesium used for colonoscopy preparation. Elemental Magnesium constitutes only 16% of the magnesium citrate compound.*

***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 for: Star Energetics, Inc
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Magnesium Citrate



Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 120

	Amount Per Serving	%Daily Value
Magnesium (as magnesium citrate)	100 mg	25%

Other Ingredients: HPMC (capsule), stearic acid, medium-chain triglycerides, magnesium stearate, and silica.

Directions

Take one capsule daily, or as directed by your healthcare practitioner.

Consult your healthcare practitioner prior to use. Individuals taking medication should discuss potential interactions with their healthcare practitioner. Do not use if tamper seal is damaged.

References

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Does Not Contain

Wheat, gluten, corn, yeast, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or preservatives.

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