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## Magnesium Caps 500 mg, 100 vegetarian capsules

Item Catalog Number: 01369

 Featured Video

1-800-9222-00

Magnesium is one of the body's most important minerals. It is required as a co-factor in hundreds of enzymatic processes within cells.<sup>1</sup> It helps maintain normal muscle and nerve function, keeps heart rhythm steady, promotes a healthy cardiovascular function, supports a healthy immune system, and keeps bones strong. Magnesium also helps maintain blood sugar and blood pressure levels already within normal range, and it is known to be involved in energy metabolism and protein synthesis.<sup>2,3</sup>

Magnesium is a major factor in relaxing the smooth muscles within the blood vessels, thereby reducing peripheral vascular resistance and promoting a healthy cardiovascular system.<sup>4-6</sup> Magnesium also affects circulating levels of norepinephrine and the synthesis of serotonin and nitric oxide.<sup>1,7-9</sup>

Magnesium positively influences the bone mineral matrix and its ability to metabolize minerals needed for repair and rebuilding.<sup>10,11</sup> The scientific literature documents the need for a wide range of minerals, including calcium and magnesium, that are vital to maintaining strong, healthy bones.

Magnesium is one of the body's most important minerals. Many Americans do not obtain adequate amounts of magnesium in their diets.<sup>12</sup> The long-term, magnesium-supplemented diet helps maintain normal blood pressure levels already within normal range.<sup>13,14</sup> Moreover, there is strong evidence that dietary magnesium intake and supplementation improve metabolic profile.<sup>15</sup> Magnesium has been shown to beneficially impact insulin resistance, serum lipid profiles, inflammation, endothelial dysfunction, oxidative stress and platelet aggregability.<sup>16</sup> As magnesium is so inexpensive, everyone should consider supplementing with at least 500 mg of magnesium daily. This product provides one of the highest concentrations of elemental magnesium per capsule available.

### References

1. J Bone Miner Res. 1998 Apr;13(4):749-58.
2. Am J Clin Nutr. 1987;45:1305-12.
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4. Ann Pharmacother. 2002 Feb;36(2):255-60.
5. Br J Sports Med. 2006 Sep;40(9):773-8.
6. Congest Heart Fail. 2006 Jan-Feb;12(1):9-13
7. Clin Neurosci. 1998;5(1):24-7.
8. Angiology. 1994 Jul;45(7):637-45.
9. Magnes Res. 2006 Jun;19(2):113-22.
10. Nutr Rev. 1995 Sep;53(9 Pt 2):S23-S27.
11. J Clin Endocrinol Metab. 1998 Aug;83(8):2742-8.
12. J Nutr. 2003 Sep;133(9):2879-82.
13. J Hypertens. 2008 Jan;26(1):44-52.
14. Magnes Res. 2007 Sep;20(3):196-9.
15. Magnes Res. 2007 Jun;20(2):107-29.
16. Curr Opin Lipidol. 2008 Feb;19(1):50-6.

### Supplement Facts

Serving Size 1 vegetarian capsule

Servings Per Container 100

| Amount Per Serving                                                                                                                                                                                                                 |        |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| Magnesium (as magnesium oxide, aspartate, citrate, succinate, TRAACS® magnesium lysyl glycinate chelate)                                                                                                                           | 500 mg |
| Other ingredients: vegetable cellulose (capsule), vegetable stearate, silica, citric acid, microcrystalline cellulose.                                                                                                             |        |
| This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, corn, or rice. Contains NO artificial sweeteners, flavors, or colors, or preservatives |        |

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### Dosage and Use

- Take one capsule one to three times daily with or without food, or as recommended by a healthcare practitioner.

### Caution

If taken in high doses, magnesium may have a laxative effect. If this occurs, divide dosing, reduce intake, or discontinue product.

### Warnings

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

To report a serious adverse event or obtain product information, contact 1-866-280-2852.