

# Magnesium

Introduced 2001



## What Is It?

Magnesium in aspartate, citrate, citrate/malate, gluconate and glycinate forms are highly bioavailable magnesium chelates, supporting the metabolism and utilization of many essential nutrients. Additionally, magnesium plays an important role in the proper functioning of numerous enzymatic and physiological functions, including neuromuscular contractions, cardiac function, and regulation of the acid-alkaline balance in the body.\*

## Uses For Magnesium

**Nutrient Utilization:** Magnesium is essential in the metabolism of macronutrients, energy production and the utilization of calcium, phosphorus, sodium, and potassium. This vital mineral also helps utilize B-complex vitamins, vitamin C, and vitamin E.\*

**Bone Health:** Magnesium is an essential bone matrix mineral that promotes healthy bone metabolism. A trial involving 2,038 older individuals indicated that higher intakes of magnesium were positively associated with bone mineralization for certain individuals.\*

**Cardiovascular Support:** Magnesium provides broad-spectrum cardiovascular support, including arterial function, endothelial function, c-reactive protein metabolism and lipid metabolism. A meta-analysis of 20 randomized trials suggests that it also promotes healthy systolic and diastolic function. In addition, magnesium promotes healthy glucose metabolism. In one 15-year study involving 4,637 young adults, higher intakes of magnesium were associated with healthy cardiovascular function and glucose utilization. Magnesium also plays important roles in muscle function, mood and calming, and cranial vessel comfort.\*

## What Is The Source?

Magnesium is naturally derived from limestone. Citrate and gluconate are produced by corn dextrose fermentation. Aspartate, glycinate and malate are synthetic. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

## Recommendations

Pure Encapsulations® recommends:

- Capsule products: 1-4 capsules daily, in divided doses, with meals.
- Powder product: 1 scoop 1-2 times daily, in divided doses, with meals, mixed with 8 oz of water.
- Liquid product: 2 teaspoons daily, with a meal.

## Are There Any Potential Side Effects Or Precautions?


Adverse effects from magnesium supplementation are rare when taken as directed, but can include gastrointestinal upset and diarrhea. Individuals with kidney disease should not take magnesium supplements without consulting a doctor. Magnesium glycinate is less likely to cause loose stools. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?


Magnesium should be taken separately from bisphosphonate medications. Caution should be taken with concurrent use of potassium-sparing diuretics. It may also be contraindicated with certain antibiotics. Consult your physician for more information.

(continued)


### Magnesium (aspartate)

each vegetarian capsule contains  v 00  
 magnesium (as magnesium aspartate)..... 75 mg  
 other ingredients: ascorbyl palmitate, vegetarian capsule (cellulose, water)  
 1-4 capsules daily, in divided doses, with meals.


### Magnesium (citrate)

each vegetarian capsule contains  v 00  
 magnesium (as magnesium citrate).....150 mg  
 other ingredients: ascorbyl palmitate, vegetarian capsule (cellulose, water)  
 1-4 capsules daily, in divided doses, with meals.

### Magnesium (citrate/malate)

each vegetarian capsule contains  v 00  
 magnesium (as magnesium citrate/malate)..... 120 mg  
 other ingredients: ascorbyl palmitate, vegetarian capsule (cellulose, water)  
 1-4 capsules daily, in divided doses, with meals.

### Magnesium (glycinate)

each vegetarian capsule contains  v 00  
 magnesium (as magnesium glycinate) .....120 mg  
 other ingredients: ascorbyl palmitate, vegetarian capsule (cellulose, water)  
 1-4 capsules daily, in divided doses, with meals.

### Magnesium (powder)

each scoop (1.7 g) contains v  
 magnesium (as magnesium citrate) .....250 mg  
 servings size: 1.7 g (1 scoop)  
 servings per container: 60  
 1 scoop 1-2 times daily, in divided doses, with meals, mixed with 8 oz water.

### Magnesium Glycinate liquid

two teaspoons (10 ml/0.34 fl oz) contains v  
 magnesium (as magnesium glycinate) ..... 165 mg  
 other ingredients: purified water, grape juice concentrate, malic acid, xylitol, natural glycerin, apple juice concentrate, natural pomegranate, orange, and other natural flavors, potassium sorbate  
 servings size: two teaspoons (10 ml/0.34 fl oz)  
 servings per container: 48  
 2 teaspoons daily, with a meal, or as directed by a health professional.