

MAGNESIUM FORMULA

FORMULA
for a Healthy Muscle & Nervous System

PERIODIC TABLE OF THE ELEMENTS

1	2	3	4	5	6	10	11	12	13	14	15	16	17	18		
IA	IIA	IIIB	IVB	VB	VIB	VIIB	IB	IIB	IIIA	IVA	VA	VI A	VII A	VIII A		
1 H Hydrogen 1.00794														2 He Helium 4.002602		
3 Li Lithium 6.941	4 Be Beryllium 9.012182													10 Ne Neon 20.1797		
11 Na Sodium 22.98976928	12 Mg Magnesium 24.305													18 Ar Argon 39.948		
19 K Potassium 39.0983	20 Ca Calcium 40.078	21 Sc Scandium 44.9559	22 Ti Titanium 47.867			27 Co Cobalt 58.933195	28 Ni Nickel 58.6934							36 Kr Krypton 83.798		
37 Rb Rubidium 85.4678	38 Sr Strontium 87.62	39 Y Yttrium 88.90585	40 Zr Zirconium 91.224			45 Rh Rhodium 102.9055	46 Pd Palladium 106.42							54 Xe Xenon 131.293		
55 Cs Caesium 132.9054519	56 Ba Barium 137.327	57-71 Lanthanoids	72 Hf Hafnium 178.49	73 Ta Tantalum 180.94788	74 W Tungsten 183.84											
87 Fr Francium [223]	88 Ra Radium [226]	89-103 Actinoids	104 Rf Rutherfordium [267]	105 Db Dubnium [268]	106 Sg Seaborgium [271]											
Lanthanoids →		57 La Lanthanum 138.90547	58 Ce Cerium 140.116	59 Pr Praseodymium 140.90765	60 Nd Neodymium 144.242	61 Pm Promethium [145]	62 Sm Samarium 150.36	63 Eu Europium 151.964	64 Gd Gadolinium 157.25	65 Tb Terbium 158.9253	66 Dy Dysprosium 162.5	67 Ho Holmium 164.93032	68 Er Erbium 167.259	69 Tm Thulium 168.93421	70 Yb Ytterbium 173.054	71 Lu Lutetium 174.9668
Actinoids →		89 Ac Actinium [227]	90 Th Thorium 232.03806	91 Pa Protactinium 231.03588	92 U Uranium 238.02891	93 Np Neptunium [237]	94 Pu Plutonium [244]	95 Am Americium [243]	96 Cm Curium [247]	97 Bk Berkelium [247]	98 Cf Californium [251]	99 Es Einsteinium [252]	100 Fm Fermium [257]	101 Md Mendelevium [258]	102 No Nobelium [262]	103 Lr Lawrencium [262]

Dietary Supplement



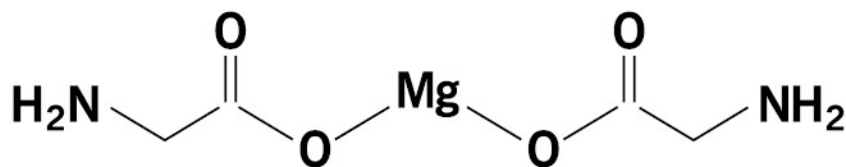
120 capsules

MAGNESIUM FORMULA

Magnesium is **necessary** for the **function of 300 different enzymes**. Researchers have detected 3.751 magnesium binding points with proteins in the human body. **Magnesium** is necessary for the production of **ATP** (the energy molecules of the body). **Magnesium** is also required for the formation of bones or teeth and the relaxation of the blood vessels. Magnesium is also necessary for the proper function of the heart.

MAGNESIUM GLYCINATE

- Magnesium formula contains **magnesium glycinate** which is a chelated form of magnesium that provides the highest levels of absorption and bio-availability and is typically considered to be ideal in cases of deficiency.



COMPOSITION IN ACTIVE INGREDIENTS	Per daily dose (2 caps)	% RDA
Magnesium Formula:	480 mg	128%
Magnesium Glycinate Chelate	40 mg	
Magnesium Citrate	40 mg	
Magnesium Oxide	400 mg	

IT IS RECOMMENDED IN CASES

- of magnesium deficiency or increased need for magnesium.

DOSAGE

- Take 2 capsules a day.

Note: When certain drugs, such as quinolones (antibiotics) or tetracyclines (antibiotics) or bisphosphonates (for osteoporosis), are administered, magnesium supplements should be taken 2 hours after their intake. If calcium antagonists (for high blood pressure) are administered, consult your doctor, because they can cause blood pressure to drop even lower.

Bibliography 1. Rude RK, Shils ME. Magnesium. In: Shils ME, Shike M, Ross AC, Caballero B, Cousins RJ, eds. *Modern Nutrition in Health and Disease*. 10th ed. Baltimore: Lippincott Williams & Wilkins; 2006:223-247. 2. Ascherio A, Rimm EB, Giovannucci EL, et al. A prospective study of nutritional factors and hypertension among US men. *Circulation*. 1992;86(5):1475-1484. (PubMed) 3. Ascherio A, Hennekens C, Willett WC, et al. Prospective study of nutritional factors, blood pressure, and hypertension among US women. *Hypertension*. 1996;27(5):1065-1072. (PubMed) 4. Peacock JM, Folsom AR, Arnett DK, Eckfeldt JH, Szklo M. Relationship of serum and dietary magnesium to incident hypertension: the Atherosclerosis Risk in Communities (ARIC) Study. *Ann Epidemiol*. 1999;9(3):159-165. (PubMed) 5. Liao F, Folsom AR, Brancati FL. Is low magnesium concentration a risk factor for coronary heart disease? The Atherosclerosis Risk in Communities (ARIC) Study. *Am Heart J*. 1998;136(3):480-490. (PubMed) 6. Song Y, Manson JE, Cook NR, Albert CM, Buring JE, Liu S. Dietary magnesium intake and risk of cardiovascular disease among women. *Am J Cardiol*. 2005;96(8):1135-1141. (PubMed) 7. Ziegelstein RC, Hilbe JM, French WJ, Antman EM, Chandra-Strobo N. Magnesium use in the treatment of acute myocardial infarction in the United States (observations from the Second National Registry of Myocardial Infarction). *Am J Cardiol*. 2001;87(1):7-10. (PubMed) 8. Shechter M, Sharir M, Labrador MJ, Forrester J, Silver B, Bairey Merz CN. Oral magnesium therapy improves endothelial function in patients with coronary artery disease. *Circulation*. 2000;102(19):2353-2358. (PubMed) 9. Shechter M, Merz CN, Paul-Labrador M, et al. Oral magnesium supplementation inhibits platelet-dependent thrombosis in patients with coronary artery disease. *Am J Cardiol*. 1999;84(2):152-156. (PubMed) 10. Song Y, Li TY, van Dam RM, Manson JE, Hu FB. Magnesium intake and plasma concentrations of markers of systemic inflammation and endothelial dysfunction in women. *Am J Clin Nutr*. 2007;85(4):1068-1074. (PubMed) 11. Maier JA, Malpuech-Brugere C, Zimowska W, Raysseguiere Y, Mazur A. Low magnesium promotes endothelial cell dysfunction: implications for atherosclerosis, inflammation and thrombosis. *Biochim Biophys Acta*. 2004;1689(1):13-21. (PubMed) 12. Mauskop A, Altura BM. Role of magnesium in the pathogenesis and treatment of migraines. *Clin Neurosci*. 1998;5(1):24-27. (PubMed) 13. Peikert A, Wilimzig C, Kohne-Volland R. Prophylaxis of migraine with oral magnesium: results from a prospective, multi-center, placebo-controlled and double-blind randomized study. *Cephalalgia*. 1996;16(4):257-263. (PubMed) 14. Pfaffenrath V, Wessely P, Meyer C, et al. Magnesium in the prophylaxis of migraine -- a double-blind placebo-controlled study. *Cephalalgia*. 1996;16(6):436-440. (PubMed) 15. Wang F, Van Den Eeden SK, Ackerson LM, Salk SE, Reince RH, Elin RJ. Oral magnesium oxide prophylaxis of frequent migrainous headache in children: a randomized, double-blind, placebo-controlled trial. *Headache*. 2003;43(6):601-610. (PubMed) 16. Hender SS, Rorvik DR, eds. *PDR for Nutritional Supplements*. Montvale: Medical Economics Company, Inc; 2001. 17. Minerals. *Drug Facts and Comparisons*. St. Louis: Facts and Comparisons; 2000:27-51.

PRECAUTIONS • Do not take the product in the following cases: (1) Hypersensitivity to any of the ingredients. (2) When taking certain medications such as quinolones (antibiotics) or tetracyclines (antibiotics) or bisphosphonates (osteoporosis) magnesium supplements should be taken two hours after taking them. (3) If you are taking calcium channel blockers (for hypertension), consult your doctor, because it may lower blood pressure. • Do not exceed the recommended daily dose. • Dietary supplements should not be used as a substitute of a balanced diet. • Keep away from young children. • This product is not intended for the prevention, cure or treatment of a human disease. • Consult with your doctor if you are pregnant, breast-feeding, taking pharmaceutical treatment or having health problems.

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