Magnesium Citrate

DESCRIPTION
Magnesium Citrate, provided by Douglas Laboratories, supplies 150 mg of elemental magnesium from bioavailable magnesium citrate in each convenient capsule.

FUNCTIONS
Magnesium plays an essential role in a wide range of fundamental cellular reactions. More than 300 enzymes require magnesium as a cofactor. Complexed with ATP, the main carrier of metabolic energy in the body, magnesium is essential for all biosynthetic processes: glycolysis, formation of c-AMP, energy-dependent membrane transport, transmission of genetic code for protein synthesis, and muscle function. Magnesium is involved in maintaining already normal heart function and blood pressure.

INDICATIONS
Magnesium Citrate may be a useful dietary adjunct for individuals wishing to supplement with this essential mineral.

FORMULA (#85045)
1 Capsule Contains:
Magnesium (from magnesium citrate) ................................................................. 150mg

SUGGESTED USE
Adults take 1 capsule daily with meals or as directed by physician.

SIDE EFFECTS
No adverse side effects have been reported.

STORAGE
Store in a cool, dry place, away from direct light. Keep out of reach of children.
Magnesium Citrate

REFERENCES


For more information on Magnesium Citrate visit douglaslabs.com

† 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.