

## Malic Acid +Magnesium

### DESCRIPTION

Malic Acid + Magnesium, supplied by Douglas Laboratories®, provides a professional formula of 500 mg of malic acid, 200 mg magnesium hydroxide, 30 mg Vitamin C and 10 mg of lemon bioflavonoids in an easy to swallow tablet.

### FUNCTIONS

Malic Acid, sometimes known as the ‘apple acid,’ has been used traditionally to support joint and liver health. While studies have not yet determined the role it may play, it has been established that malic acid is a naturally occurring organic acid that is involved in the process of manufacturing ATP from food.

Magnesium is one of the most essential minerals that the body uses everyday. It is needed for protein and fatty acid formation, generation of new cells, activating B vitamins, relaxing muscles, clotting blood, and forming ATP. The mineral also plays an important role in bone formation, as well as blood pressure regulation. Studies have demonstrated the powerful effects of vitamin C, which has a powerful antioxidant abilities that can be useful in against atherogenic peroxidative damage. This can have clinical significance in providing protection from free radical damage to the eyes, lungs, blood and the immune system.

Bioflavonoids are a potent class of antioxidants, which scavenge many potentially damaging free radicals. They are also capable of binding to metal ions, which prevents these metals from acting as catalysts in the body to enhance free radical production.

One study has suggested that the use of malic acid and magnesium supplements could have a beneficial effect on patients with fibromyalgia. More research is required to confirm this finding; however, many practitioners have found it to be useful to support the healthy structure and function of the immune and skeletal systems.

### INDICATIONS

Malic Acid + Magnesium tablets may be a useful dietary supplement for individuals who wish to take advantage of the benefits of malic acid and magnesium.

### FORMULA (#85059)

Each Tablet Contains:

Malic Acid .....	500mg
Magnesium Hydroxide.....	200mg
(yielding 86 mg of elemental Magnesium)	
Vitamin C .....	30mg
(Ascorbic Acid)	
Bioflavonoids .....	10mg
(Lemon)	

### SUGGESTED USE

Adults take 1 tablet 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.

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### REFERENCES

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Palm O, Moum B, Jahnsen J, Gran JT. Fibromyalgia and chronic widespread pain in patients with inflammatory bowel disease: a cross sectional population survey. *J Rheumatol* 2001 Mar;28(3):590-4

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**For more information on Malic Acid +Magnesium visit [douglaslabs.com](http://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.

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Your patients trust you.**