

## Magnesium Oxide

### DESCRIPTION

Magnesium Oxide, provided by Douglas Laboratories®, supplies 300 mg of elemental magnesium from magnesium oxide in each capsule.

### INDICATIONS

Magnesium oxide may be a useful dietary supplement for individuals who wish to increase their dietary intake of magnesium.

### FUNCTIONS AND MECHANISM OF ACTION

Magnesium is a mineral with a fundamentally important physiological function in the body. However, typical diets in the U.S. and other industrialized countries often provide less than adequate amounts of magnesium. Supplementation with bioavailable magnesium can help bridge the gap between dietary intake and optimal requirement. Magnesium plays an essential role in a wide range of fundamental cellular reactions. More than 300 enzymes require magnesium as a cofactor. Complexed with adenosine triphosphate (ATP), the main carrier of metabolic energy in the body, magnesium is essential for all biosynthetic processes: glycolysis, formation of cyclic adenosine monophosphate (cAMP), energy-dependent membrane transport, transmission of genetic code for protein synthesis, and muscle function. Magnesium is also involved in maintaining normal heart function and blood pressure. Two thirds of the body's magnesium content is found in the skeleton. Recent animal studies show that magnesium supplementation supports bone formation while increasing its dynamic strength, but also balances normal bone resorption processes.

### FORMULA (#202434)

1 vegetarian capsule contains

Magnesium

(from 500 mg magnesium oxide) ..... 300mg

Other Ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose, carnauba wax, ascorbyl palmitate, hydroxy propyl cellulose and silica.

**Gluten free, Non-GMO**

### SUGGESTED USE

Adults take 1 capsule daily or as directed by your healthcare professional.

### 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.

### REFERENCES

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**For more information on Magnesium Oxide 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.

Manufactured by  
Douglas Laboratories  
600 Boyce Road  
Pittsburgh, PA 15205  
800-245-4440  
[douglaslabs.com](http://douglaslabs.com)



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Your patients trust you.**

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