

Mag-Tea G

DESCRIPTION

Mag-Tea G, provided by Douglas Laboratories, supplies 250 mg of magnesium as magnesium citrate in a natural lemon juice flavored, pleasant tasting drink. Designed to be mixed in water, Mag-Tea G provides an easy and convenient way to supplement magnesium in the diet. Green and white Tea extracts are added to supply synergistic antioxidants.

FUNCTIONS

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 salts of this mineral 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 located in the skeleton. Recent scientific studies show that magnesium supplementation of ovariectomized animals, a model for postmenopausal women, not only promotes bone formation while increasing its dynamic strength, but also prevents bone resorption. Tea has been used for hundreds of years by many cultures throughout the world for its health promoting properties and has been shown to be a powerful antioxidant. While many people are familiar with green and black tea, white tea is less well known. Although white tea is derived from the same plant from which green and black tea are made (*Camellia sinensis*), white tea is considered to be a more rare and unique product. The term "white" is derived from the high proportion of silvery buds on the plant at the time of harvesting, which tend to impart a white tint to the tea. Both white and green tea provides high amounts of polyphenolic catechins, such as catechin, epi catechin, epi-gallocatechin (EGC), and EGC gallate (EGCG). Twenty times stronger than vitamin E, EGC and EGCG play important roles in the body's defense against free radicals. Green and white tea catechins also support normal immune response, and are involved in blood cholesterol metabolism.

INDICATIONS

Mag-Tea G may be a useful dietary adjunct for individuals wishing to supplement their diet with magnesium in a delicious beverage.

FORMULA (#57126)

1 Teaspoon Contains:

Magnesium(as Magnesium Citrate) 250 mg

In a base of Green and White Tea Extracts and Natural Lemon Juice Flavor

SUGGESTED USE

Adults take 1-3 teaspoons daily with meals or as directed by physician.

SIDE EFFECTS

No adverse side effects reported; however, if diarrhea occurs, decrease dosage.

STORAGE

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

Mag-Tea G

REFERENCES

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For more information on Mag-Tea G 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.

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Your patients trust you.**