

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.

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REFERENCES

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- Spencer H, Fuller H, Norris C, Williams D. Effect of magnesium on the intestinal absorption of calcium in man. *J Am Coll Nutr* 1994;13:485-492.

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.

Manufactured by
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**You trust Douglas Laboratories.
Your patients trust you.**