

## Magnesium Citrate

### DESCRIPTION

Magnesium Citrate supplies 150 mg of elemental magnesium from bioavailable magnesium citrate in each convenient capsule.

### 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 magnesium citrate 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 animal studies show that magnesium supplementation supports bone formation while increasing its dynamic strength, but it also balances normal bone resorption processes.†

### INDICATIONS

Magnesium Citrate may be a useful dietary supplement for individuals desiring this essential mineral.

### FORMULA (#202236)

1 Capsule Contains:

Magnesium (from magnesium citrate) ..... 150 mg

Other ingredients: Hydroxypropyl methylcellulose (capsule) and ascorbyl palmitate.

### SUGGESTED USE

Adults take 1 capsule daily or as directed by a 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 Citrate 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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