

Magnesium Taurate 400

DESCRIPTION

Magnesium Taurate 400 tablets, provided by Douglas Laboratories®, deliver 400 mg of elemental magnesium in their bioavailable taurate forms. Each tablet provides 100 mg of elemental magnesium, and approximately 400 mg of amino acid taurine.

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 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 healthy blood pressure. Two thirds of the body's magnesium content is 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 (#83071)

4 Tablets Contain:

Magnesium.....400 mg

(as magnesium taurate)

Other ingredients: Microcrystalline cellulose, dicalcium phosphate, coating (hypromellose, glycerin), stearic acid, vegetable stearate, croscarmellose sodium and silica

SUGGESTED USE

Adults take 4 tablets daily or as directed by a healthcare professional.

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 Taurate 400 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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