

# MULTI-FUNCTIONAL NUTRIENT



## CLINICAL MAGNESIUM

Magnesium deficiency is often overlooked and is directly related to many health problems including pain, inflammation, fatigue, headaches, diabetes, and heart disease. Such conditions can develop because magnesium is involved in over 300 different biochemical functions in the human body.



**DOSAGE** – Three capsules daily, which provides 400 mg. Can be taken with or between meals, and more than 400 mg can be taken when directed.

**DISCUSSION** – Our cells depend on magnesium to produce energy, to calm inflammation and pain, and to support healthy joint, bone, and muscle function. Magnesium also supports proper blood sugar regulation, cardiovascular functions, healthy gene expression, digestive function, and mental health. Magnesium deficiency is prevalent in the modern diet and is also depleted by stress. Research suggests approximately 1,000 mg of magnesium per day from diet and supplements can restore and maintain adequate magnesium levels. Magnesium doses in multi-vitamins are often inadequate and therefore, magnesium must be added individually.

**ADDITIONAL RECOMMENDATIONS** – While magnesium is found in a multivitamin/mineral, tablet size constraints limit the amount of magnesium that can be added to a multivitamin. Clinical Magnesium is recommended in addition to a quality multivitamin (AVED-Multi), the omega 3 fatty acids EPA & DHA (Clinical Omega 3), and vitamin D3 (Clinical D formula).

**SIDE-EFFECTS/CONTRADICTIONS** – Loose stools can be a side-effect when too much magnesium is taken. This amount varies from individual to individual; most are able to supplement with 1000 mg per day or more.

## CLINICAL MAGNESIUM

ITEM #: 0610-0090-01

### Supplement Facts

Serving Size 3 Capsules

| Amount Per 3 Capsules                                | % Daily Value |      |
|--|---------------|------|
| Magnesium (from amino acid chelate, malate, citrate) | 400 mg        | 114% |
| Malic acid   | 30 mg         | *    |

\* Daily Value not established.



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