

MAGNESIUM MALATE

DIETARY SUPPLEMENT

- FOR RESOLVING LOW ENERGY AND MUSCLE CRAMPS
- REDUCES PAIN
- AIDS CELLULAR AND BOWEL DETOXIFICATION
- FACILITATES SMOOTH MUSCLE CONTRACTION
- SUPPORTS SLEEP RELAXATION
- HEART HEALTH



PRODUCT DESCRIPTION

MAGNESIUM MALATE is an essential mineral that is required by every cell in the human body and is important for helping to maintain normal cardiovascular, muscle, nerve, bone and cellular function. According to many health care practitioners, malic acid is utilized by the cells for energy production in the mitochondria and magnesium is simultaneously drawn through the cell membrane into the mitochondria, where it is most needed. Most alternative and integrative practitioners find a wide variation in the efficacy of different forms of magnesium. Magnesium oxide, one of the most commonly found forms in nutritional supplements, has the lowest absorption and utilization rate. **MAGNESIUM MALATE** by NutraMedix (in the form of Dimagnesium malate powder with 20% elemental magnesium in each capsule) is likely to be the most effective form of magnesium, as it is probably the type best absorbed and utilized by the body.

RESEARCH

According to the US Department of Agriculture, 57% of the US population are deficient in magnesium (<http://www.ars.usda.gov/Services/docs.htm?docid=15672>). Magnesium is an essential cofactor in the function of at least 300 different enzymes in the human body involved in energy production, protein synthesis, bone development, muscle and nerve function and maintenance of normal blood glucose, normal blood pressure and normal heart rhythm, just to name a few. One of the most comprehensive research summaries on magnesium, with hundreds of references, is "Dietary Reference Intakes for Calcium, Phosphorous, Magnesium, Vitamin D and Fluoride" from the National Academies Press, 1997 (<http://www.ncbi.nlm.nih.gov/books/NBK109825/>).

PATIENT REPORTS

"This is a great kind of magnesium, doesn't cause loose stool or any negative side effects. The Malic acid attached to the magnesium is great, as it helps your body make energy."

-A.H.

"The **MAGNESIUM MALATE** is particularly known for being the most effective in treatment of Fibromyalgia pain. In fact, I would now say that I believe that I don't have Fibromyalgia anymore which is not possible to eliminate - so it is just my bodily response to supping with this **MAGNESIUM MALATE** - it is just THAT GOOD."

-N.Q.

SUGGESTED DOSAGE

Take 2 capsules twice daily before meals. Increase dosage, if needed, until reaching bowel tolerance (stool is looser than you would like) then slightly decrease the dosage. Patients who have kidney insufficiency or kidney failure should monitor their serum magnesium when taking magnesium of any type.

Various Reported Medicinal Properties of Magnesium Malate:

- Anti-constipation
- Anti-diabetes
- Anti-fibromyalgia Pain
- Anti-chronic Fatigue Syndrome
- Bone Health
- Brain Support
- Improves Heart Failure
- Muscle Relaxant
- Protein Synthesis
- Supports Nervous System
- Tooth Health