



HEALTHY MAGNESIUM

A DIETARY SUPPLEMENT FOR HEART AND
MUSCLE SUPPORT†

Healthy Magnesium is a dietary supplement providing 3 important chelated forms of magnesium for enhanced absorption.

What are Chelates?

- Chelates are organic compounds attached to a mineral resulting in a stable structure. The purpose of chelated minerals is to surround a metal ion with an organic molecule so that it can be better absorbed in the human body.

About Magnesium:

- Magnesium is an essential mineral. It must be taken in through the diet however; with over processed food and depleted soil it is difficult to get the optimal daily intake. Magnesium supplementation is a way to support your daily intake.
- Magnesium promotes the absorption and metabolism of calcium and is responsible for the activation and function of 325 enzymes that affect various metabolic processes and physiological functions such as:
 - neuromuscular contractions*
 - heart and cardiovascular function*
 - regulation of the acid-alkaline balance in the body*
- Magnesium is necessary for the metabolism of carbohydrates, amino acids and fats; also for energy production, and the utilization of calcium, phosphorus, sodium and potassium which are important electrolytes.
- **Magnesium Supports:**
 - Adrenal hormone balance*
 - Bone health*
 - Cardiovascular function*
 - Detoxification functions*
 - Glucose metabolism*
 - Mental health*
 - Nerve function*
 - Tooth enamel*

- **Magnesium deficiencies have been associated with a variety of conditions such as:**

- Confusion*
- Occasional sleeplessness*
- Low mood states*
- Irritability*
- Fatigue*
- Musculoskeletal conditions*
- Tooth decay*

Supplement Facts

Serving Size: 4 Capsules

Amount Per Serving

| | |
|---------------------------------------|--------|
| Magnesium | |
| (Mg Taurate, Mg Glycinate, Mg Malate) | 300 mg |

Other ingredients: vegetable cellulose, vegetarian leucine.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this or any nutritional product.

WARNING: This product contains lead, a chemical known to the State of California to cause birth defects and other reproductive harm.

Suggested Use: As a dietary supplement, take four capsules daily. Daily amount may be divided between AM & PM, or as directed by your healthcare practitioner.

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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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