

Mag Complete Powder

Highly bioavailable forms of Calcium & Magnesium



Bone

Cardio

Metabolism

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Our new effervescent magnesium powder contains a combination of highly absorbable calcium, magnesium, vitamin D, potassium, chloride, and sodium in a tasty, powdered form for ease of administration. Mag Complete Powder features Albion™ minerals. These patented minerals are designed to do the stomach's work in advance by producing low molecular weight mineral compounds in which the minerals are bound to amino acids to produce natural organic chelates that can pass easily through the intestinal wall.

Minerals are essential for many aspects of overall health and well-being such as proper composition of body fluids, formation of bone and blood, maintenance of healthy nerve function, regulation of muscle tone (including the muscles of the cardiovascular system), activation of many enzymes, and more! Calcium and magnesium are the most abundant minerals in our bodies, making up 2% of our total body weight. Calcium and magnesium are involved in the transmission of nerve impulses, muscle contraction (including the heart muscle), blood clotting, reducing cholesterol, enhancing the immune system, maintaining strong bones and teeth, and proper sleep.

Muscle health is especially benefitted by formulas such as this one, since calcium, magnesium, chloride, potassium, sodium, and other trace minerals may enhance muscle recovery after exercise. In fact, magnesium plays a central role in controlling muscle tone; muscles can't relax properly without enough magnesium and low magnesium can cause a buildup of lactic acid.

The RDA (recommended dietary allowance) for adults for magnesium starts at 300 mg a day, and calcium starts at 1000 mg. Nutritionists, naturopathic doctors, and other holistic practitioners tailor these suggested doses even more based on dietary intake, health conditions of the individual patient, symptoms experienced, medications used, and special situations like menopause, pregnancy, and lactation. It is especially important for women just about to enter menopause to prevent calcium and magnesium deficiency which may lead to osteoporosis. Calcium-rich food sources include organic rice, almond or soymilk, plus dark green leafy vegetables, almonds, walnuts, sunflower seeds, egg yolks, salmon, and sardines. Magnesium-rich foods include leafy green vegetables, legumes, nuts, seeds, and whole grains. The most common factors leading to calcium and magnesium deficiency are poor eating habits, stress, and lack of exercise.

Calcium is included in Mag Complete Powder as Di-Calcium Malate (Albion®) and Calcium Silicate. As stated above, this macro-mineral is crucial for the healthy development of bones and teeth. Calcium also offers a helping hand in muscle function, blood clotting, nerve signaling, hormone secretion, and blood pressure. Mineral deficiencies, particularly calcium, have been linked with creating a low pH (acidic) environment inside the body.

Magnesium (as Di-Magnesium Malate, Magnesium Bisglycinate Chelate) (Albion™)), plays many roles in the body, including supporting muscle and tendon health; bone health; heart and blood vessels; respiratory and metabolic support. Magnesium is necessary to prevent calcification of soft tissue, protects arterial lining from stress and it is involved in carbohydrate and mineral metabolism.

Vitamin D3 (Cholecalciferol) is included in this important formula because calcium and magnesium work together with vitamin D in the health of the bones and teeth. In fact, vitamin D helps facilitate the absorption and assimilation of several essential inorganic elements: calcium, magnesium, iron, selenium, zinc, and copper. Cholecalciferol also assists maintenance of bone mineralization by regulating calcium and phosphorus homeostasis. Not only is vitamin D necessary for bone growth and maintenance of bone density, but it also demonstrates effects on the immune, endocrine, and cardiovascular systems. Furthermore, vitamin D may play an important role in regulating cell differentiation which could be why observational studies have noted associations between poor vitamin D status and increased risk of breast and colorectal cancer.

Potassium (as potassium bicarbonate) is an essential dietary mineral and electrolyte whose regulation both inside and outside the cells is needed to maintain normal body processes. Potassium is important for proper muscle contraction, nerve impulse transmission, and heart function. Higher dietary potassium intake is associated with lower risks of kidney stone formation, hypertension, and stroke.

Suggested Use: As a dietary supplement, take approximately 1 scoop (7.6 g) once per day, or as directed by your healthcare practitioner.

Supplement Facts		
Serving Size: 7.6 g (Approx 1 Scoop)		
Servings Per Container: 30		
	Amount Per Serving	%DV*
Calories	20	
Total Carbohydrates	4 g	1%*
Dietary Fiber	<1 g	2%*
Vitamin D (as Cholecalciferol)	25 mcg	125%
Calcium (as Di-Calcium Malate (Albion®), and Calcium Silicate)	220 mg	17%
Magnesium (as Di-Magnesium Malate, Magnesium Bisglycinate Chelate) (Albion®))	400 mg	95%
Chloride (from Sodium Chloride)	60 mg	3%
Sodium (from Sodium Bicarbonate and Sodium Chloride)	125 mg	5%
Potassium (as Potassium Bicarbonate)	200 mg	4%

*Percent Daily Values (DV) are based on a 2,000 calorie diet

Other ingredients: Citric Acid, Gum Arabic Tree Oleo Gum Resin Powder, Natural Flavors, Silicon Dioxide, Rebudioside A (from Stevia Leaf Extract), Beta Carotene (For Color)



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