



Manufacturers of  
Hypo-allergenic  
Nutritional  
Supplements



# Magnesium (powder)

## INTRODUCED 2006

### What Is It?

Magnesium (powder) offers a convenient taste-free powder without sweeteners or flavors. Magnesium gluconate provides a highly bioavailable form of magnesium to support numerous physiological functions, including nutrient metabolism, musculoskeletal function and cardiovascular health.\*

### Uses For Magnesium (powder)

**Nutrient Utilization:** Magnesium activates the enzymes necessary for a number of physiological functions, including the metabolism of macronutrients, energy production and the utilization of most vitamins and minerals.\*

**Bone Health:** Magnesium is an essential bone matrix mineral that promotes healthy bone metabolism. A trial involving 2,038 older adults indicated that higher intakes of magnesium were positively associated with bone mineralization for certain individuals.\*

**Cardiovascular Support:** Magnesium provides broad-spectrum cardiovascular support, including arterial function, endothelial function, C-reactive protein metabolism and lipid metabolism. A meta-analysis of 20 randomized trials suggests that it also promotes healthy systolic and diastolic function. In addition, magnesium supports healthy glucose metabolism. In one 15-year study involving 4,637 young adults, higher intakes of magnesium were associated with healthy cardiovascular function and glucose utilization. Magnesium also plays important roles in muscle function, mood and calming, and cranial vessel comfort.\*

### What Is The Source?

Magnesium is derived from the lime of rock. Gluconate is derived from corn dextrose fermentation.

### Recommendations

Pure Encapsulations recommends 1 scoop 1–2 times per day, in divided doses, with meals, mixed with 8 oz. water.

### Are There Any Potential Side Effects Or Precautions?

Magnesium gluconate can cause loose stools. If pregnant or lactating, consult your physician before taking this product.

### Are There Any Potential Drug Interactions?

Magnesium should be taken separately from Bisphosphonate medications. Caution should be taken with concurrent use of potassium-sparing diuretics. It may also be contraindicated with certain antibiotics. Consult your physician for more information.

#### Magnesium (powder)

one scoop (5 g) contains	V
magnesium (gluconate).....	250 mg
1 scoop 1–2 times per day, in divided doses, with meals, mixed with 8 oz. water.	

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.



— Your Trusted Source —

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