

# Magnesium Chelate Powder

*Highly absorbable and bioavailable magnesium in a great-tasting orange flavored powder*

Magnesium is an essential mineral that serves as an enzyme cofactor for over three hundred biochemical reactions in the body. The need for magnesium throughout the body is reflected in the fact that the adult human body contains a hefty 25 grams of magnesium, divided among the skeleton, muscle tissue, blood, and other areas.

Magnesium is found predominantly in leafy green vegetables, whole grains, nuts and seeds. However, the fiber, phytate or oxalate content of some of these otherwise wholesome foods makes it difficult for the body to absorb magnesium unless these foods are meticulously prepared in traditional ways that neutralize these problematic compounds. (They bind to minerals, making them less bioavailable.) Additionally, magnesium helps to balance calcium, and due to widespread calcium fortification and recommendations for high-dose calcium supplementation, many individuals may develop relative and absolute magnesium deficiencies. To help restore and maintain a healthy balance, these individuals may require more magnesium than they would typically get from whole foods alone.

## Magnesium may support:

- **Cardiovascular function:** Owing to its role in nerve conduction and muscle contraction and relaxation, magnesium may help support healthy blood pressure levels and cardiovascular function.\*
- **Healthy carbohydrate tolerance:** Magnesium is critical for converting carbohydrate (glucose) to energy and is also required for proper functioning of the insulin receptor (which is required for healthy blood sugar levels).\*
- **Bone health:** 60% of the magnesium in the human body is found in the skeleton. Magnesium is an essential element of the physical structure of bone tissue.\* Supplementing with calcium alone often does not have the desired effect of strengthening bones; maintenance of healthy bones requires adequate magnesium, along with protein and other mineral cofactors.

## Why magnesium in chelated powder form?

High doses of magnesium sometimes result in unpleasant GI effects, such as upset stomach or loose stools. Due to a patented process that forms a stable chelate structure between each magnesium ion and two molecules of the amino acid glycine, this product should not cause those issues. The chelated form allows larger amounts of magnesium to be absorbed more quickly and be better retained by the body compared to many other forms. Additionally, the mineral chelate protects magnesium from binding to substances that can impair normal absorption during digestion, so this form of magnesium has enhanced bioavailability. The powder has a great-tasting orange flavor and is sweetened naturally with stevia.

**How to take:** As a dietary supplement, take 5 grams (approx. 1 teaspoon) of powder mixed in 8 ounces of water per day, or as directed by your health care practitioner.



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

\*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.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).