



MAGNESIUM

and **LIVING WELL**



RELAXATION + MOOD

Magnesium Glycinate

Chelated form

- Combined with Glycine (an amino acid that helps support joint and brain health)
- Replenishes body's magnesium
- Muscle relaxation
- Mood & Sleep support



PERFORMANCE + RECOVERY

Magnesium Orotate

Chelated form

- Combined with Orotic Acid (a mineral carrier that supports cell & muscle function)
- Cardiovascular support
- Glucose utilization during exercise
- Athletic performance & recovery



HEART

Magnesium Taurate

Chelated form

- Combined with Taurine (amino acid which is used by the body to transport magnesium in and out of the cell, i.e. electrolyte balance)
- Cardiovascular support
- Heart function
- Vascular Health



GENERAL WELL-BEING

Magnesium Citrate

Chelated form

- Combined with Citric Acid (which can be found in citrus fruits)
- Digestion, kidney function and general well-being
- Supports stool softening and healthy bowel movements



ENERGY

Magnesium Malate

Chelated form

- Combined with Malic Acid (which can be found in fruit)
- Optimal energy production (i.e. malic acid is part of the Krebs cycle for manufacturing ATP cellular energy)
- Helps with energy and mood



MUSCLES + NERVES

Magnesium Aspartate

Chelated form

- Combined with Aspartic Acid (amino acid used in protein synthesis)
- Healthy heart support
- Muscle function
- Neurotransmitter support



REGULARITY

Magnesium Oxide

- Common form found in the earth's crust
- Contains highest concentration (60%) of elemental magnesium
- Supports stool softening and healthy bowel movements