

# MAGNESIUM+

Magnesium+ stands out for its exceptional formulation, combining various magnesium sources with distinct benefits. This powerful blend, featuring magnesium lactate for energy, bis-glycinate for superior absorption, malate for combating fatigue, and citrate for bioavailability, ensures comprehensive support for heart health, bone density, muscle function, and sleep. The meticulously optimized elemental content and bioavailability maximize the effectiveness of this supplement.



## Comprehensive Support

**Holistic Health Support:** Magnesium+ comprehensively supports heart health, bone density, muscle function, and sleep.

**Optimized Elemental Content:** The formulation maximizes the elemental content of magnesium, ensuring efficacy in promoting various bodily processes.

**Diverse Magnesium Sources:** The blend includes magnesium lactate for energy, bis-glycinate for absorption, malate for fatigue, and citrate for bioavailability, providing a well-rounded approach to health.

## Bone

Magnesium+ offers vital bone benefits by contributing to bone density and health. The inclusion of magnesium bis-glycinate, known for its superior absorption, supports optimal mineralization and structural integrity of bones. This chelated form of magnesium aids in maintaining strong and healthy bones, promoting overall skeletal well-being. The comprehensive blend in Magnesium+ ensures that the body receives the necessary magnesium support crucial for maintaining bone density and resilience, emphasizing its role in a holistic approach to bone health.

## Heart

Magnesium+ provides essential heart benefits by supporting cardiovascular health. The diverse magnesium sources, including magnesium citrate and lactate, contribute to overall heart function. Magnesium is known to play a crucial role in

## Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving	% Daily Value	
Magnesium (from Magnesium Lactate, Magnesium Bisglycinate, DiMagnesium Malate, Magnesium Citrate)	76 mg	19%

\* Daily Value not Established

**Other Ingredients:** Microcrystalline Cellulose, Stearic Acid, Magnesium Stearate, Silicon Dioxide Micronized

maintaining a healthy heart rhythm, supporting muscle function, and regulating blood pressure. The formulation's emphasis on multiple magnesium compounds ensures a comprehensive approach to heart health, addressing key factors for cardiovascular well-being. Incorporating Magnesium+ into your routine can aid in promoting a strong and resilient cardiovascular system.

## Sleep

Magnesium+ offers notable sleep benefits, thanks to its unique blend of magnesium sources. The inclusion of magnesium citrate and other compounds supports relaxation of muscles and nerves, contributing to improved sleep quality. Magnesium plays a pivotal role in the regulation of melatonin, a hormone crucial for the sleep-wake cycle. By promoting muscle relaxation and aiding in the natural sleep process, Magnesium+ can be a valuable addition to enhance your sleep patterns.

*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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