

# Magnesium Lactate

## Magnesium Lactate Contains Magnesium and Calcium to Help Facilitate Cellular and Metabolic Functions

Magnesium and calcium play fundamental roles in enzyme reactions and cellular activities. They are essential players of metabolic, muscular, and skeletal functions throughout the human body. In fact, our bodies contain more calcium than any other mineral, and magnesium places second as the most abundant positively charged ion in the human body. It is no wonder that these two minerals are absolutely essential to proper function of the nervous, neuromuscular, skeletal, and cardiovascular systems. Calcium and magnesium also join forces at the cellular level to maintain normal cell growth and replication. Magnesium lactate functions in such reactive processes as bone metabolism, protein synthesis, fat and carbohydrate metabolism, and glucose utilization.†

## How Magnesium Lactate Keeps You Healthy

### Builds strong bones and teeth

Calcium is essential to maintaining the proper density of bones and teeth so they can withstand daily wear and tear. Almost 90 percent of the body's calcium resides in the bones and teeth. Sixty percent of the body's magnesium is also found in the bones. Magnesium Lactate helps maintain bone stability by assisting the ongoing activities of bone formation and resorption.†

### Maintains cardiovascular function

In order for the heart muscle to contract properly and maintain a regular beat, the tissue fluid that washes the muscle must contain appropriate amounts of calcium. Magnesium also plays an important role in maintaining heart health by its ability to support the heart muscle. Magnesium Lactate helps maintain healthy levels of this important mineral.†

### Maintains cellular efficiency

Ingredients in Magnesium Lactate play a key role in at least 300 enzymatic reactions for metabolism. Calcium and magnesium join forces at the cellular level to maintain normal cell growth and replication. Calcium is essential for maintaining normal, healthy blood. Calcium also works with phosphorus at the cellular level reacting with proteins, fats, and carbohydrates to supply energy and materials for growth and repair. Magnesium is involved in the synthesis and reduction of DNA, as well as many other metabolic processes. Calcium and magnesium work together to promote normal nerve function.†



**Introduced in:** 1987

**Content:** 90 Capsules

**Vegetarian Product**

### Supplement Facts:

Serving Size: 3 capsules

Servings per Container: 30

		%DV
Calories	10	
Total Carbohydrate	2 g	<1%*
Magnesium	210 mg	50%

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

**Ingredients:** Magnesium lactate, gelatin, calcium stearate, water, and colors.

**Suggested Use:** Three capsules per day, or as directed.

Sold through health care professionals.

# Magnesium Lactate

## What Makes Magnesium Lactate Unique

### Product Attributes

#### Nutrients and minerals from vegetarian sources

- ▶ Three capsules supply 210 mg of magnesium
- ▶ Provides optimum bioavailability of magnesium

#### Manufacturing and Quality Control Processes

Degreed microbiologists and chemists in our on-site laboratories continually conduct bacterial and analytical tests on raw materials, product batches, and finished products

- ▶ Ensures consistent quality and safety

#### Vitamin and mineral analyses validate product content and specifications

- ▶ Assures high-quality essential nutrients are delivered

### Whole Food Philosophy

Our founder, Dr. Royal Lee challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for Magnesium Lactate.

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

