

Helps in the development and maintenance of bones

- HELPS IN TISSUE FORMATION
- HELPS TO MAINTAIN PROPER MUSCULAR FUNCTION



Magnesium citrate activates enzymes that are essential in many functions of the body. It is also essential for the metabolism of fat, carbohydrates, amino acids. It supports healthy teeth and maintains bone density while supporting normal blood pressure and heart rate. Magnesium supports and maintains normal mood and emotional well being during menstruation. Magnesium serves several crucial roles inside your body. It helps turn food to energy and helps to transmit neuromuscular impulses across nerves and muscles. Magnesium also helps in energy production, development of body tissue and bone growth. Inadequate supply magnesium results in muscle cramps.

Magnesium citrate is a critical mineral involved in over 320 enzymatic reactions, including normal insulin receptor function, bone mineralization, blood pressure, heart rhythm, and muscle and nerve function. Adequate amounts of magnesium can counteract the damaging effects of stress and alleviate headache, asthmatic wheezing, and constipation. Assimilation studies suggest that the citrate salt of magnesium is the best type absorbed into the bloodstream. Magnesium citrate is vital to hundreds of enzyme reactions and has more health benefits attributed to it than any other mineral including calcium. Magnesium citrate, along with calcium, act as a buffer, helping to prevent the body from experiencing excessive stress.

Magnesium citrate is an important electrolyte that helps the absorption and movement of calcium, phosphorus, sodium and potassium in and out of the cells, which help generate nerve impulses with the help of L-aurine. This maintains the correct composition of bile, and in maintaining the solubility of cholesterol helps proper digestion of fat-soluble vitamins to make them more bioavailable. It has been found to have an effect on blood sugar levels similar to insulin. L-Taurine helps to stabilize cell membranes and seems to have some antioxidant and detoxifying activity. This amino acid helps the nervous system to function properly. It does this as mentioned earlier by aiding the movement of potassium, calcium and magnesium in and out of the cells that help generate nerve impulses. Taurine is also essential for the proper digestion of fats and the absorption of fat-soluble vitamins.

Magnesium is required for the B vitamins to work properly and is absolutely necessary for the utilization of thiamine. Magnesium citrate is necessary for growth and development, wound healing, immune system function, temperature regulation and many activities of the brain and nervous system. Shaky hands, nervousness, muscle spasms, irregular or rapid heartbeat, all respond favorably to magnesium.

Each vegetable capsule contains:

Magnesium citrate (providing 136 mg of elemental magnesium).....	850 mg
L-Taurine.....	.45 mg

Non-medicinal ingredients: Vegetable magnesium stearate and silicon dioxide, in a NON-GMO vegetable capsule composed of vegetable cellulose and purified water.

Contains no: Preservatives, artificial flavour or colour, sugar, milk, starch, wheat, corn, soy or yeast.

Suggested use:

Take 1 capsule daily with meals or as directed by your health care practitioner.

Warning: Consult your health care practitioner before taking if pregnant.

Keep out of reach of children.

*Manufactured under strict GMP (Good Manufacturing Practices)
New Roots Herbal at 1-800-268-9486 or www.newrootsherbal.com*