

# Mag Complete

A premier magnesium formula providing four important forms of magnesium

## Introduction

Magnesium is an essential mineral for health, strength, and longevity, and supports over 350 enzyme reactions in the body.<sup>†</sup> According to the National Institute of Health, 55% of the US population consume less than the Recommended Dietary Allowance (RDA) of magnesium, and 20% consume amounts significantly below the RDA.

Inadequate magnesium consumption in the diet is common across all age groups. Although magnesium can be found naturally in nuts, seeds, dark leafy greens, fish, beans, and whole grains, many people do not consume enough of these foods on a regular basis to obtain optimal magnesium. Additionally, magnesium is depleted from many processed foods. As much as 85% of the magnesium content of whole wheat is lost when it is refined to white flour. Supplementation with high-quality, bioavailable forms of magnesium is one way to support optimal magnesium in the body.<sup>†</sup>

## How Mag Complete works

Mag Complete provides a blend of four bioavailable forms of magnesium to support optimal absorption and utilization:<sup>†</sup>

- Magnesium succinate
- Magnesium taurinate
- Magnesium malate
- Magnesium aspartate

Essential functions and supportive benefits of magnesium include:<sup>†</sup>

- Energy (ATP) production
- Heart and blood vessel health
- Bone formation
- Skeletal muscle function and relaxation
- Nerve and immune system function
- Healthy blood pressure regulation
- Healthy cholesterol metabolism
- Healthy blood glucose metabolism and insulin action

## Formula

**SUGGESTED USE:** 2 capsules, 2 times daily with food or as directed by a healthcare professional. **Caution:** If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your healthcare professional before using this product. Keep out of the reach of children.

Supplement Facts		
Serving Size 2 Capsules		
Amount Per 2 Capsules	% Daily Value	
Magnesium (as magnesium succinate, magnesium taurinate, magnesium malate, and magnesium aspartate)	240 mg	57%



Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), microcrystalline cellulose, and magnesium stearate.

## CP1830 120 capsules

## How supplied

120 capsules per bottle.

## Storage

Store in a cool, dry place (59°F to 85°F) away from direct light.

<sup>†</sup>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.