



# Magnesium liquid

Introduced 2013

## What Is It?

Magnesium liquid offers magnesium combined with vitamin B<sub>6</sub> in a convenient liquid form to support musculoskeletal, cardiometabolic and emotional health.\*

## Special Features

- Great-tasting liquid formula
- Highly bioavailable magnesium citrate
- Offered with vitamin B<sub>6</sub> to support intracellular accumulation of magnesium\*

## Uses For Magnesium liquid

**Nutrient Utilization:** Magnesium activates the enzymes necessary for a number of physiological functions, including the metabolism of macronutrients, energy production and the utilization of most vitamins and minerals.\*

**Bone Health:** Magnesium is an essential bone matrix mineral. In a cross-sectional study involving 2,038 individuals, higher magnesium intake was positively associated with healthy bone mineralization in certain subgroups.\*

**Cardiovascular Support:** Magnesium provides broad-spectrum cardiovascular support, including arterial function, endothelial function, C-reactive protein metabolism and lipid metabolism. A meta-analysis of 20 randomized trials suggests that it also promotes healthy systolic and diastolic function. In addition, magnesium supports healthy glucose metabolism. In one 15-year study involving 4,637 young adults, higher intakes of magnesium were associated with healthy cardiovascular function and glucose utilization. In another cross-sectional study involving 210 elderly individuals, optimal magnesium intake was associated with positive mood, lipid and triglyceride metabolism, and lean body mass. Magnesium also plays important roles in muscle function, mood and calming, and cranial vessel comfort.\*

## What Is The Source?

Magnesium is derived from the lime of rock. Citrate is derived from corn dextrose fermentation. Vitamin B<sub>6</sub> is synthetic.

## Recommendations

Pure Encapsulations recommends 1 serving daily, with a meal, or as directed by a health professional.

## Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. At high dosages, magnesium can cause loose stools. Consult your physician for more information.

## Are There Any Potential Drug Interactions?

Magnesium should be taken separately from Bisphosphonate medications. Caution should be taken with concurrent use of potassium-sparing diuretics. It may also be contraindicated with certain antibiotics. Consult your physician for more information.

## Magnesium liquid

one teaspoon (5 ml / 0.18 fl oz) contains v

vitamin B <sub>6</sub> (as pyridoxine HCl) .....	25 mg
magnesium (as magnesium citrate).....	215 mg

other ingredients: purified water, natural glycerin, apple juice concentrate, xylitol, natural flavors, xanthan gum, citric acid, potassium sorbate, purified stevia extract

serving size: 1 teaspoon (5 ml)

servings per container: 48

*Shake well before use.*

1 serving daily, with a meal, or as directed by a health professional.