

MAG CITRATE 210 MG



Helps to maintain proper muscle function, including the heart

Helps in energy metabolism, tissue formation and bone development

Helps to maintain normal electrolyte balance

A vital mineral involved in over 300 key processes in the body, magnesium is also the 7th most common nutrient deficiency in Canada, with over one-third of Canadian adults not obtaining the recommended daily amount. Magnesium deficiency is associated with a wide range of health concerns, including high blood pressure, poor sleep quality, constipation and muscle cramps.

Fortunately, hundreds of clinical studies have illustrated the significant impact that proper supplementation can have on health and wellness. While there are currently a wide variety of supplement forms on the market (including magnesium malate, oxide, sulfate and chloride), only the citrate form combines four decades of clinical research with superior bioavailability.

Product Highlights

- Helps to maintain proper muscle function, including the heart
- Each vegetarian tablet provides 210 mg of pure, elemental magnesium in the citrate form
- Magnesium deficiency has been associated with health concerns such as: muscle cramps, osteoporosis, fatigue and generalized weakness, hypertension, asthma and irregular heartbeat.
- Non-GMO and contains no dairy, wheat, gluten or soy.

EACH TABLET CONTAINS:

Medicinal ingredient:

Magnesium (magnesium citrate) 210 mg

Non-medicinal ingredients: microcrystalline cellulose, croscarmellose sodium, hydroxypropylcellulose, magnesium stearate (vegetable), dicalcium phosphate, silicon dioxide.

Coating: hypromellose, titanium dioxide, glycerin.

Contains no dairy, wheat, gluten or soy.

Suitable for a vegan diet.

Adult dosage: Take 2 tablets daily.

Available in: 90 | 180 TABLETS



NON-GMO



VEGAN



GLUTEN FREE



SOY FREE