Magnesium Citrate

Magnesium plays a vital role in hundreds of metabolic activities.
- The mineral particularly supports muscle function.

Available in 120 vegetable capsules

Discussion

The superior bioavailability noted above was the conclusion of a 60 day randomized, double blind, placebo-controlled, parallel intervention study comparing a daily dose of 300 mgs elemental magnesium as magnesium citrate to the oxide and chelate forms. In this study Mg citrate showed the greatest increase in Mg concentration in the serum and saliva in both 24-hour and 60-day post-supplementation specimens.*

In general, the administration of magnesium is an effective therapeutic option for a wide range of conditions. However, the bioavailability and pharmacokinetics of various magnesium salts correlate with their structure-reactivity relationship. Therefore, particular forms are condition-specific.*

A study that evaluated 40 post M.I. patients found that after 3 weeks of Mg citrate supplementation extrasystoles significantly decreased. Other findings suggest that 6-month oral magnesium supplementation in patients with CAD can significantly improve exercise tolerance, exercise-induced chest pain, and quality of life.*

The citrate form of magnesium was proven to be potent in inhibiting the growth of stone fragments after extracorporeal shock wave lithotripsy. Long term supplementation with magnesium citrate has been demonstrated to work well in childhood mild to moderate asthma. It is a form that in another study restored RBC Mg levels to patients with severe congestive heart failure on high dose diuretics.*

In a six-week randomized, double-blind, cross-over, placebo-controlled trial that employed 300mg of elemental magnesium in the form of magnesium citrate, 78% of the subjects thought their nocturnal leg cramps had been helped.*

Magnesium citrate is the form of magnesium used for colonoscopy preparation. Elemental Magnesium constitutes only 16% of the magnesium citrate compound.*
**Magnesium Citrate**

**Medicinal Ingredients (per vegetable capsule)**

Mg (Magnesium citrate) ............................................................................................ 100 mg

**Non-Medicinal Ingredients**

Hypromellose (Vegicaps), stearic acid, medium-chain triglycerides, magnesium stearate, silica.

**Recommended Dose**

Adults: Take 1 capsule daily as directed by your health care practitioner.

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**References**


Additional references available upon request