Magnesium Select™

MOSS NUTRITION

SUPERIOR ABSORPTION MAGNESIUM MALATE & GLYCINATE COMPLEX

Supplement Facts
Serving Size: 1 Capsule
Servings Per Container: 100 & 250

	Amount Per Serving	%Daily Value
Magnesium (as Di-Magnesium Malate [Albion™], Magnesium Bisglycinate Chelate [TRAACS™])	150 mg	36%

Other ingredients: Hypromellose (capsule), vegetable stearate, silicon dioxide.
Does not contain gluten.

SUGGESTED USE: 1 CAPSULE PER DAY, OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL.

WARNING: IF YOU ARE TAKING MEDICATION, HAVE A MEDICAL CONDITION OR AN UPCOMING MEDICAL PROCEDURE OR ARE PREGNANT OR NURSING, CONSULT A PHYSICIAN BEFORE USING. IF ADVERSE REACTIONS OCCUR, DISCONTINUE USE AND CONSULT YOUR HEALTHCARE PRACTITIONER.

- Provides 150 mg elemental magnesium per capsule.*
- Superior absorption Albion™ & TRAACS™ amino acid chelates.*
- Combines researched bisglycinate & malate forms.*
- Bioavailable, well tolerated, gentle on the stomach.*

MAGNESIUM is a critical mineral for human health, involved in more than 300 metabolic reactions throughout the body. A required cofactor in many enzymatic processes, magnesium has a relaxing effect on the body and works in opposition to contractive calcium to enable muscles to relax. Magnesium is essential to cardiovascular health, and plays key roles in energy production and insulin sensitivity. Magnesium is also an important structural mineral in bones, teeth, cell membranes and chromosomes.

Research suggests that magnesium deficiency is widespread in Western populations due to a combination of dietary and lifestyle factors. As an alkaline, buffering mineral, magnesium is depleted by acidic diets and intense, prolonged stress. Coffee, alcohol, phosphoric acid (soda pop), and high sodium intakes have all been shown to decrease magnesium levels in otherwise healthy people.

It is challenging to obtain magnesium through traditional food sources. Magnesium is naturally present in whole grains, whole wheat and fresh well water, but virtually absent from today's ubiquitous white flour products, processed grain-based foods and treated drinking water supplies. Chlorophyll-containing green vegetables and micro-algae are excellent sources of magnesium, but these foods are virtually absent from the Standard American Diet. Excess calcium intake and low vitamin D, both commonplace modern micronutrient imbalances, also lead to magnesium depletion.

A 2005 study found that most Americans consume magnesium at levels below the RDA, and that these individuals were more likely to have elevated levels of C-Reactive Protein (CRP), a marker for inflammation. Many chronic health conditions are characterized by an inflammatory stress component and have been associated with marginal-to-moderate magnesium deficiencies. In particular, hypertension, atherosclerosis, osteoporosis, diabetes, obesity, metabolic syndrome, depression, Alzheimer's disease, and certain forms of cancer have been linked to low magnesium levels. Cardiac arrhythmias, cramps,

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* 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.

muscle weakness, anxiety, irritability and PMS also have been associated with magnesium deficiencies. Various issues of pain and soreness including headaches have been shown to respond positively to magnesium suppementation.

Magnesium Select™ from Moss Nutrition contains two distinct, fully-reacted forms of magnesium, both manufactured by Albion Laboratories, producers of the gold standard in chelated minerals for use in supplements.

DI-MAGNESIUM MALATE is a fully reacted chelate formed by bonding two molecules of magnesium to one of malic acid. It is a very well-absorbed form of magnesium that additionally provides the benefits of malic acid. Malic acid is an alpha-hydroxy acid found in tart fruits, notably apples, and synthesized endogenously during the Citric Acid (Krebs) Cycle. Malic acid participates in mitochondrial energy production via the "malate-aspartate redox shuttle". Together, magnesium and malic acid play a critical role in producing ATP under both aerobic and anaerobic (hypoxic) conditions. Clinical research has suggested that magnesium/malate supplements may be beneficial in helping to reduce discomfort in people with a musculoskeletal pain syndrome characterized by chronic hypoxia. Malic acid alone also has been studied for helping to maximize energy production in healthy individuals and to improve athletic performance.

MAGNESIUM BISGLYCINATE CHELATE is one of the most absorbable known forms of magnesium available today. This chelate is formed by bonding one molecule of magnesium to two molecules of glycine, the simplest amino acid with a side chain consisting of just a single hydrogen atom. Glycine is an important component of collagen, joints and connective tissue. Approximately 30% of collagen is composed of glycine atoms. Glycine also serves as an inhibitory neurotransmitter in the central nervous system and is required for the synthesis of creatine, which provides energy to brain and muscle tissue.

Magnesium Select™ provides a significant 150 mg of elemental magnesium per capsule, making it convenient for patients to take higher doses per provider recommendations and helping to promote patient compliance. **Magnesium Select**™ is available in bottles of 100 and 250 vegetarian capsules.

REFERENCES

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