Magnesium Citrate

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-activity 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.
**Supplement Facts**

**Serving Size:** 1 Capsule  
**Servings Per Container:** 120

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>%Daily Value</th>
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<tbody>
<tr>
<td>Magnesium (as citrate)</td>
<td>100 mg</td>
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**Other Ingredients:** HPMC, cellulose, stearic acid, silica, and magnesium stearate.

**Dosage:**

Take one capsule daily or as directed by your healthcare practitioner.

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**References**


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**Caution:**

The UL (Tolerable Upper Level) of magnesium for healthy adults is 350 mgs/day. Although magnesium enjoys an acceptable safety record as a medical therapy, doses exceeding the UL should be under medical supervision. Typically, renal patients were the only population considered at a risk for toxicity. However, case reports suggests that consideration needs to be given in cases of intestinal hypomotility and chronic constipation. Some drugs such as Digoxin, diuretics, oral contraceptives, penicillamine, and possibly others can affect magnesium levels. Likewise, magnesium administration may interact with certain drugs.

*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.*