

Magnesium Malate

HIGHLY BIOAVAILABLE FORM OF MAGNESIUM

120 CAPSULES | NPN80085848 | MMC120-CN



FOUNDATIONAL HEALTH



Designs for Health's **Magnesium Malate** features a highly absorbable and bioavailable form of elemental magnesium. Each 2-capsule serving provides 360 mg of magnesium as di-magnesium malate. Both magnesium and malate are fundamental compounds in energy production. As a result, magnesium malate may help support proper energy production, brain health, muscle health, and sports and exercise performance.

Magnesium is an essential mineral that serves as a nutrient cofactor for more than 300 biochemical reactions in the body. The need for magnesium throughout the body is reflected in the fact that the adult human body contains a hefty 25 grams of magnesium, which is divided among the skeleton, muscles, blood, and other tissues. Magnesium plays a crucial role in many aspects of health, including

cardiovascular function, blood sugar metabolism, and bone structure and function. Magnesium may also support a healthy stress response.

Magnesium malate may be beneficial to physically active individuals due to increased energy requirements. Owing to magnesium's role in proper muscle contraction and cardiovascular function, magnesium malate may support exercise performance and muscle health, including muscle strength, performance, and power.

Low intake of magnesium is common in North America due to increased consumption of processed foods and demineralized water. Stress, alcohol consumption, certain medications, gastrointestinal disorders, or other diseases may contribute to magnesium depletion.

Benefits

- Promotes exercise and sports performance
- Supports muscle contraction and relaxation
- Supports brain health and a healthy stress response
- Supports bone structure and function
- Helps to maintain proper muscle function, including the heart muscle
- Supports energy production and cardiovascular health
- An electrolyte for the maintenance of good health
- Helps in energy metabolism, tissue formation and bone development
- Helps to maintain normal electrolyte balance
- Helps to maintain the body's ability to metabolize nutrients

Highlights

- 360 mg of magnesium (as di-magnesium malate) per 2-capsule serving
- Highly absorbable and bioavailable magnesium malate form
- Gluten-free, dairy-free, and soy-free
- Non-GMO

Recommended Dose

Adults: Take 2 capsules per day with meals, or as directed by your health care practitioner.

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