

BENEFITS OF MAGNESIUM LACTATE:

- Contains magnesium to promote cellular energy production*
- Supports cellular functions
- Supports synthesis of essential molecules
- Provides cofactor support for more than 300 enzymes
- Supports ion signaling across cell membranes
- Supports the body's natural ongoing activities of bone formation and resorption
- Helps facilitate muscle contraction
- Supports the body's energy production, which is used by the central nervous, neuromuscular, and cardiovascular systems*
- Magnesium is involved in sleep pathways that support brain homeostatic sleep processes.
- Excellent source of magnesium



The Case for Magnesium Supplementation

Magnesium Lactate is a bioavailable form of magnesium¹ introduced in 1987 with a long history of safe and effective use. About 48% of Americans of all ages consume less dietary magnesium than their respective Estimated Average Requirements (EAR) according to the 2013-2016 National Health and Nutrition Examination Survey (NHANES) data.² Insufficient intake of magnesium is related to the Standard American Diet (SAD) that is high in processed foods which are low in vitamins and minerals. Other factors that contribute to low magnesium levels include reduced absorption in the gut, increased losses from the body through areas such as the kidneys, increased magnesium need (such as during pregnancy), aging, and certain medications.²

AVAILABLE SIZES:

Magnesium Lactate | 90 Capsules

Caution: This product is processed in a facility that manufactures other products containing soy, milk, egg, wheat, peanut, tree nuts, fish, and shellfish.

Supplement Facts

Serving Size: 3 Capsules
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	10	
Total Carbohydrate	1 g	<1%*
Magnesium	210 mg	50%

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Gelatin, magnesium lactate, calcium stearate, and water.

Please consult the actual product labels for the most accurate product information

Figure 1. Signs of low magnesium may include:³



Magnesium Lactate may not address these concerns and is not intended to diagnose, treat, cure, or prevent any disease.

Magnesium is involved in many critical functions in the body, so suboptimal magnesium level can have far-reaching impact on general health. Recognizing a low level of magnesium can be difficult; 99 percent of magnesium is stored within tissues and is challenging to assess with common clinical diagnostic tools. This raises the concern that suboptimal magnesium levels in the body are often not properly addressed.⁴

Non-Dairy: Formulated to not contain milk or milk-derived ingredients.

Non-Soy: Formulated to not contain soy or soy-derived ingredients.

Non-Grain: Formulated to not contain any true cereal grain or grain-derived ingredients such as those from wheat, rice, oats, cornmeal, barley, or another cereal grain.

Gluten-Free: Tested to verify they meet the regulations associated with the United States Food and Drug Administration's gluten-free labeling.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

The Role of Magnesium

Magnesium is an essential mineral that acts as a cofactor in over 300 enzymes in the body. These enzymes regulate many biochemical reactions including energy production (ATP), DHA/RNA/protein synthesis, hormone activity, antioxidant production, and many more.⁵ Magnesium is also critical for cellular energy production, nerve impulse conduction, muscle contraction, ion transport across cell membranes, and regulation of cellular functions such as cell growth and differentiation.⁵⁻⁸

- **Energy Production:** The main source of cellular energy is ATP (adenosine triphosphate). ATP acts as part of a complex with magnesium called MgATP. This complex plays a role in the generation of aerobic and anaerobic energy.⁹
- **Bone Support:** 50-60% of magnesium in the body is present in the bones.⁵ In particular, magnesium is involved in bone formation by influencing the activities of osteoblasts and osteoclasts, and the concentrations of two major regulators of bone homeostasis, both parathyroid hormone and the active form of vitamin D.¹⁰
- **Support for other systems:** Magnesium is important to the central nervous, neuromuscular, and cardiovascular systems in a variety of ways, one being energy production to keep these systems functioning properly.⁹

Figure 2. Recommended Dietary Allowances (RDAs) for Magnesium⁵

Age	19-30 years	31-50 years	51+ years
Male	400 mg	420 mg	420 mg
Female	310 mg	320 mg	320 mg
Female (Pregnancy)	350 mg	360 mg	-
Female (Lactation)	310 mg	320 mg	-

Recommended Dietary Allowance (RDA) of intake sufficient to meet the nutrient requirements of nearly all (97%–98%) healthy individuals; often used to plan nutritionally adequate diets for individuals.



Standard Process also offers E-Z Mg™ — a plant-based, multiform magnesium made from two key ingredients: Swiss chard (beet leaf) and buckwheat, both of which are grown on our sustainable and certified organic farm.

The **great majority** of the raw plant ingredients used in our products are grown on our organic and sustainable farm

Freshly picked crops are often processed within a day to maintain vital nutrients

We harvest more than **6.5 million** pounds of ingredients on our certified organic and sustainable farm

Healthy Soil. Healthy Planet. Healthy Lives.

Standard Process is a family-owned company dedicated to making high-quality and nutrient-dense therapeutic supplements for three generations.

We apply a holistic approach to how we farm, manufacture and protect the quality of our products. This comprehensive strategy ensures that our clinical solutions deliver complex nutrients as nature intended. It's how we define the whole food health advantage.

REFERENCES

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