Standard Process
WHOLE FOOD NUTRIENT SOLUTIONS

Magnesium Lactate

Cellular Energy Production*

*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.

Roughly 50% of the American population has sub optimal magnesium intake.[1]

Key considerations:

- The Standard American Diet is high in processed foods and often fails to deliver the proper essential nutrients, like magnesium.
- Low magnesium levels can be related to 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.[1]

1. U.S. Department of Agriculture, Agricultural Research Service. NHANES 2013-2016, 2019.

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Clinical Target

Support healthy cellular energy production

With roughly half of the US populations falling short in their daily magnesium, many adults could benefit from additional magnesium support in their diets.

- Males and females over age 19
- Pregnant and lactating females ages 19-50
- Adults with signs of low magnesium including:
  - Brain fog
  - Muscle twitching
  - Tremors
  - Cramps
  - Nausea
  - Headaches
  - Fatigue
  - Muscle weakness
  - Mood changes
  - Glucose management
  - Heart Palpitations

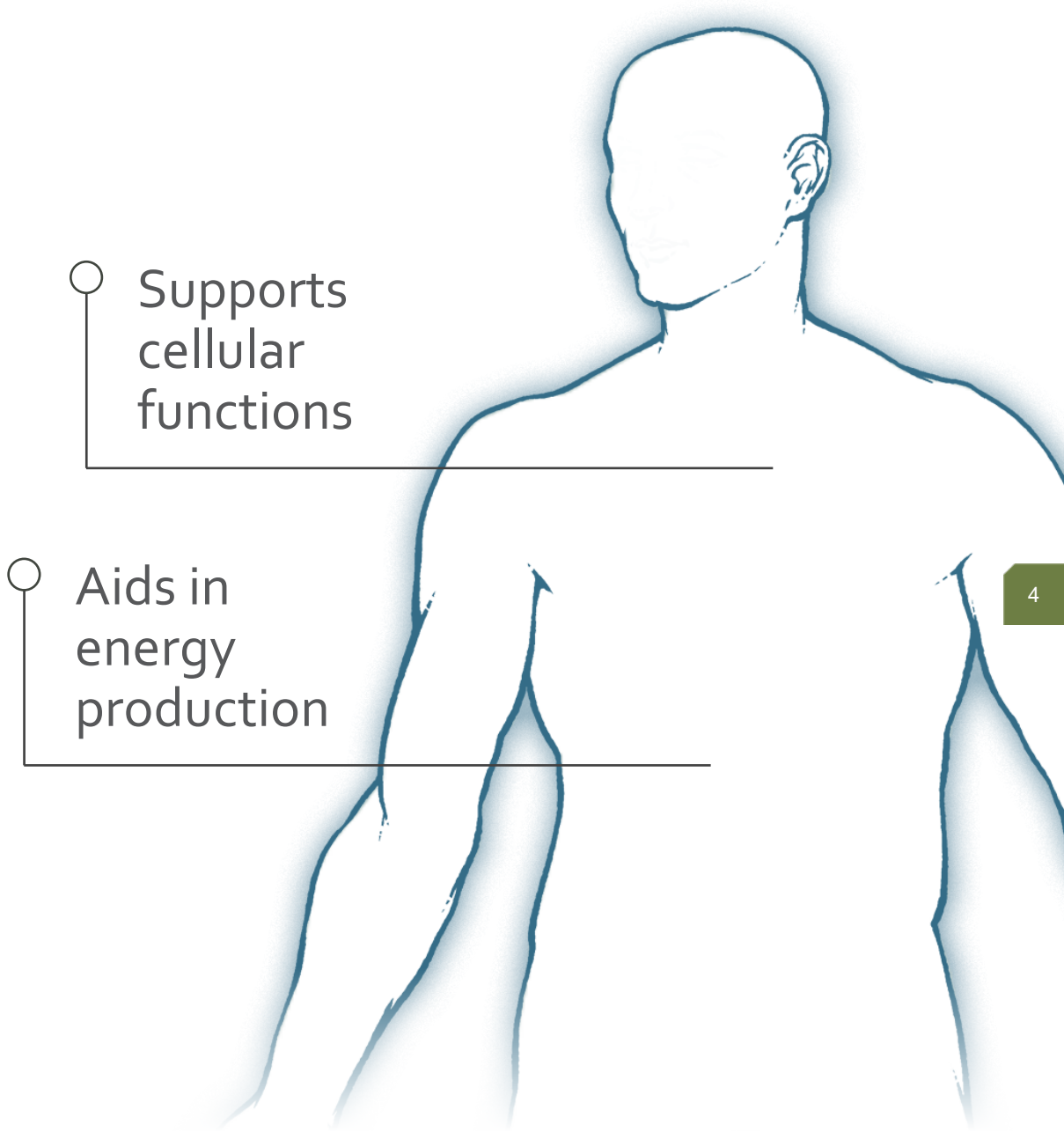
Key Ingredients & How it Works

Nutrition to support cellular energy production

Magnesium is an essential mineral that acts as a cofactor in more than 300 enzyme systems that regulate diverse biochemical reactions in the body, including protein synthesis, muscle and nerve function, blood glucose control, and blood pressure regulation. Suboptimal magnesium levels can have far-reaching impacts on general health.

How Magnesium Lactate supports cellular energy production

Magnesium Lactate contains 50% of the recommended daily intake of magnesium to support energy production, bone health and other important body systems.



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Product Information

Magnesium Lactate contains magnesium to support cellular functions*

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

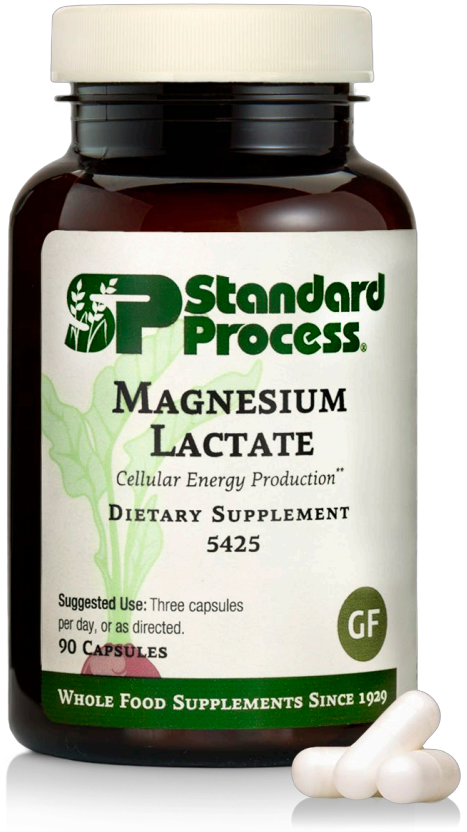
Serving Size: 3 Capsules
Servings per Container: 30

	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.

NON-DAIRY NON-SOY NON-GRAIN GF



Product #	Content
5425	90 Tablets

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Magnesium Lactate Product Benefits & Usage

Suggested Use: Three capsules per day, or as directed.

- 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

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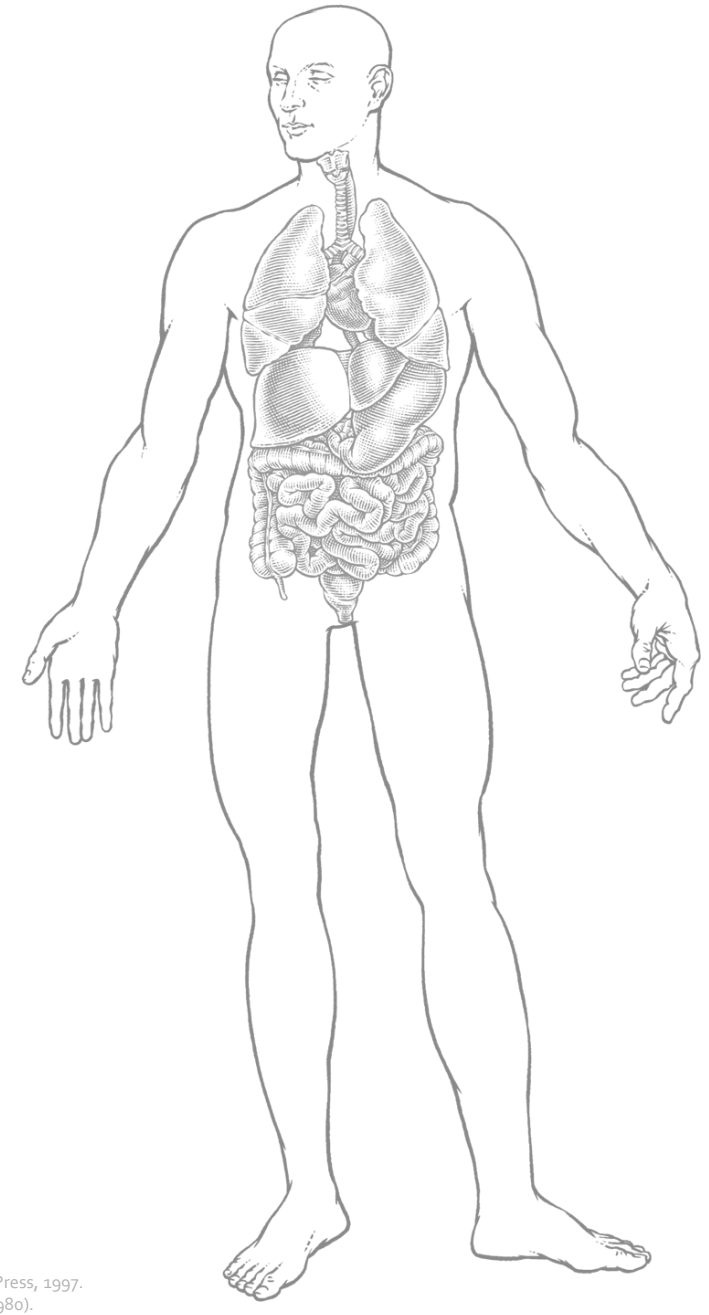
Ingredient Highlights

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.[2]
- Magnesium is 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.[2-5]
- 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.[6]



2. Institute of Medicine (IOM). Food and Nutrition Board. Washington, DC: National Academy Press, 1997.
3. Cech, S.Y., Broaddus, W.C. & Maguire, M.E. Molecular and Cellular Biochemistry 33, 67-92 (1980).
4. Carvil, P. & Cronin, J. Strength & Conditioning Journal 32, 48-54 (2010).
5. Stephenson, E.W. & Podolsky, R.J. The Journal of general physiology 69, 1-16 (1977).
6. Wardlaw GM, Hampl JS, DiSilvestro RA. Perspectives in Nutrition. 6th edition. New York, NY: McGraw Hill Higher Education; 2004.

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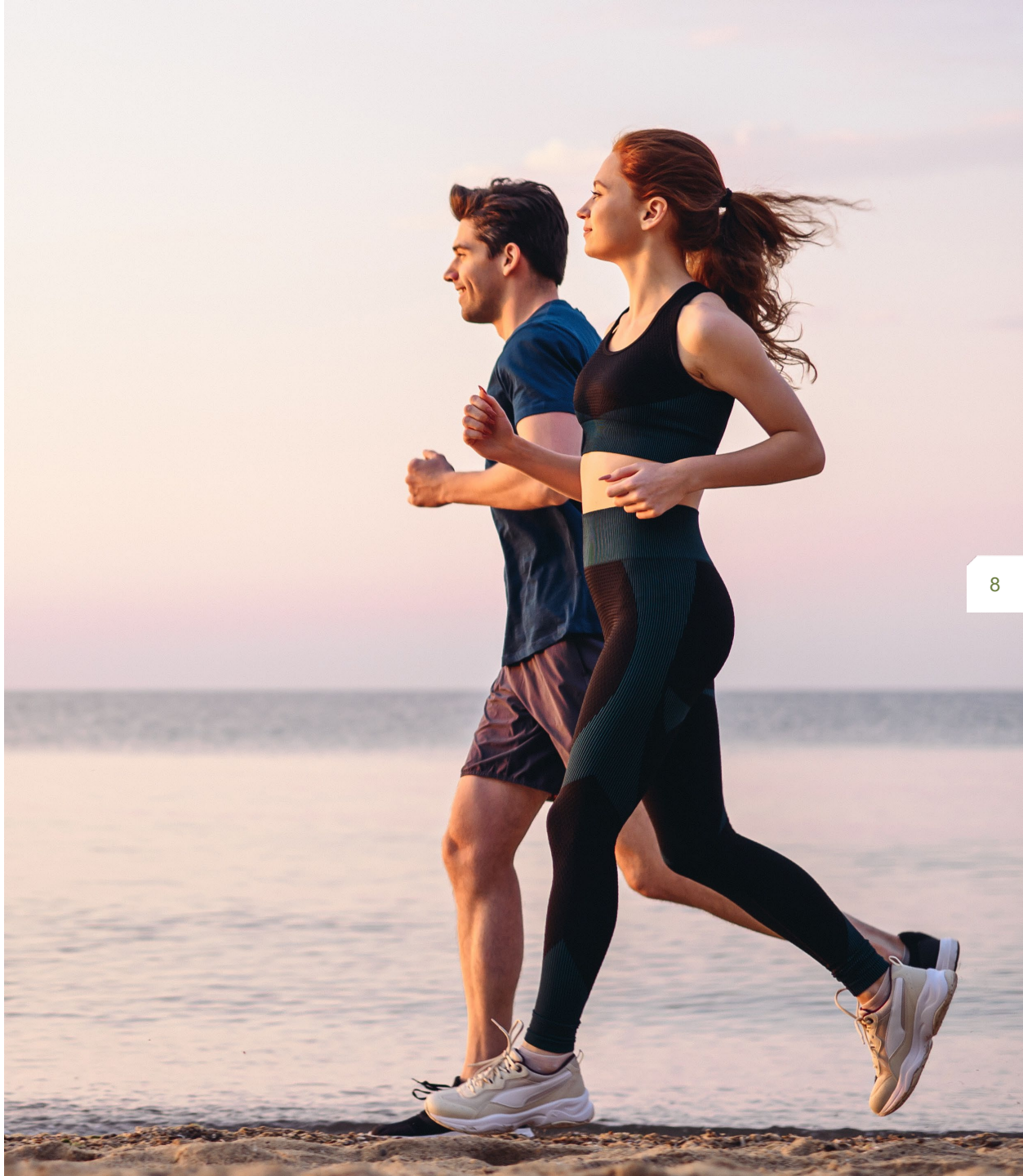
Ingredient Highlights

Magnesium

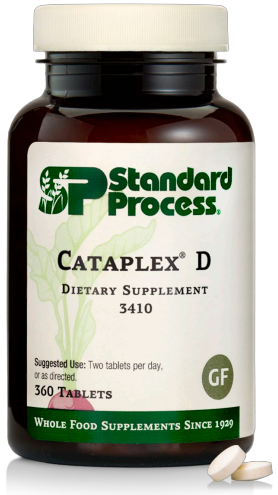
- 50-60% of magnesium in the body is present in the bones.[2] Magnesium is involved in bone formation by influencing the activities of osteoblasts and osteoclasts, and the concentrations of two major regulators of bone homeostasis, both parathyroid hormone and the active form of vitamin D.[7]
- Magnesium 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.



2. Institute of Medicine (IOM). Food and Nutrition Board. Washington, DC: National Academy Press, 1997.
7. National Institute of Health, Office of Dietary Supplements. https://odds.od.nih.gov/factsheets

Synergistic Products

Additional support



Calcium Lactate
Bone and immune health*

E-Z Mg™
Central nervous system health*

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Available Resources


Magnesium Lactate

MAGNESIUM

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

AVAILABLE SIZES:

Magnesium Lactate | 90 Capsules

Supplement Facts

Amount per Serving | %Daily Value

Calories 0

Total Carbohydrate 1 g <1%

Magnesium 120 mg 32%

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

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

Figure 1. Signs of low magnesium may include:

The Case for Magnesium Supplementation

Magnesium Lactate is a bioavailable form of magnesium 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 2015-2016 National Health and Nutrition Examination Survey (NHANES) data.[1] 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]

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.[3]

Fact Sheet

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