

E-Z Mg™

AVAILABLE SIZE:
180 Tablets

MAGNESIUM
SUPPORT



- Essential for central nervous system health*
- Helps to bridge the gap in dietary magnesium intake*
- Plant-based and considered ideal as a naturally-occurring magnesium
- Magnesium is involved in sleep pathways that support brain homeostatic sleep processes
- Magnesium may play a role in the stress response pathway
- Excellent source of vitamin K1 and iron
- Good source of magnesium



Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Warning: This product contains naturally occurring Vitamin K1. If you are taking blood-thinning medicines, are pregnant or nursing, or have been directed to eat a diet low in oxalates, please consult with your health care professional before taking this product.

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: 6 Tablets
Servings per Container: 30

| | Amount per Serving | %Daily Value |
|-------------------------------------------------------------------------------------|--------------------|--------------|
| Calories | 20 | |
| Total Fat | 0.5 g | <1%* |
| Total Carbohydrate | 4 g | 1%* |
| Dietary Fiber | 1 g | 4%* |
| Total Sugars | <1 g | † |
| Protein | <1 g | 1%* |
| Vitamin K1 | 36 mcg | 30% |
| Calcium | 20 mg | 2% |
| Iron | 6 mg | 33% |
| Phosphorus | 30 mg | 2% |
| Magnesium | 70 mg | 17% |
| Potassium | 310 mg | 7% |
| Proprietary Blend | 5.8 g | † |
| Organic buckwheat (aerial parts) juice powder and organic swiss chard juice powder. | | |

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

†Daily Value not established.

Other Ingredients: Organic rice (hull) concentrate, organic rice extract, organic rice hulls, organic arabic gum, and organic sunflower oil.

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The Case for Magnesium (Mg) Supplementation

Over 50% of Americans don't meet the daily dietary magnesium requirement.¹



Magnesium contributes to more than 300 enzyme reactions in the body on a daily basis. Some of the more critical roles that magnesium plays in the body include nerve conduction, muscle contraction, energy production, nutrient metabolism, and protein, bone and DNA formation.



NORMAL VEGETABLE
INTAKE: 1.6 CUPS



IDEAL VEGETABLE
INTAKE: 2.5 CUPS

Why is Magnesium Deficiency Occurring?

- The Standard American Diet (SAD) is high in processed foods and carbohydrates, low in vitamins and minerals.²
- Data suggests that produce has experienced a decline in mineral content over the last century.³
- Magnesium depletion in soil through lack of plant rotation, overproduction and pesticide use.

Signs of low magnesium may include:^{4,5}

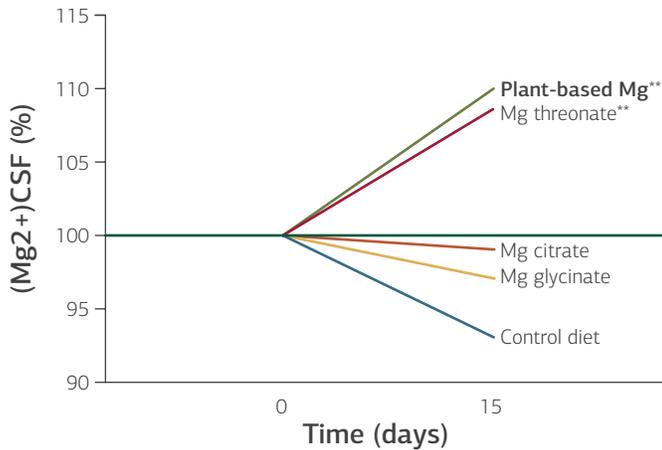
- Mild headaches
- Brain fog
- Muscle twitches
- Tremors
- Cramps
- Fatigue
- Muscle weakness
- Mood change
- Glucose management

¹E-Z Mg™ may not address these concerns and is not intended to diagnose, treat, cure, or prevent any disease

Standard Process products labeled as **Vegan** are devoid of animal-based tissue, animal-based gelatin, or fish oils. They are also devoid of animal-based ingredients such as dairy, eggs, honey, beeswax, and lanolin. Standard Process products labeled as **Gluten-Free** have been tested to verify they meet the regulations associated with the United States Food and Drug Administration's gluten-free labeling.

A Higher Standard of Support

A recent animal study has shown that E-Z Mg is able to elevate free ionic Mg in the cerebrospinal fluid following 14 days of oral supplementation.⁶



**Indicates a significant difference from control on day 15, $p < 0.05$. Data presented as mean \pm SEM



Stress

Magnesium status may be associated with the stress response, including hypothalamic-pituitary-adrenal (HPA) axis activity.



Sleep

Magnesium is essential for neuroreceptors that support sleep pathways.



Central Nervous System

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

REFERENCES

1. Moshfegh, A. G., Joseph; Ahuja, Jaspreet; Rhodes, Donna; LaCombe, Randy, Agriculture Research Service 2009.
2. Rosanoff, A., Plant and Soil 2013, 368 (1-2), 139-153.
3. Davis, D. R., HortScience 2009, 44 (1).
4. DiNicolantonio J.J., Keefe J.H., Wilson W., Open Heart. 2018, 5(1).
5. Supplements, N. I. o. H. O. o. D. Magnesium: Fact Sheet for Health Professionals <https://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/> (accessed 8/18/17).
6. Bassem F. El-Khodor, Karma James, Qing Chang, Wei Zhang, Yvette R. Loiselle, Chinmayee Panda & Taleen Hanania (2021) Nutritional Neuroscience, DOI: 10.1080/1028415X.2021.1995119