# Magnesium Malate

## Clinical Applications

- Supports Energy Production*
- Supports Cardiovascular Function*
- Supports carbohydrate tolerance*
- Supports Bone health*

*Magnesium Malate is a highly bioavailable form of magnesium. It contains di-magnesium malate, which is magnesium bound to malic acid.*

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## Discussion

Magnesium is an essential mineral that serves as an enzyme cofactor for over three hundred biochemical reactions in the body. The need for magnesium throughout the body is reflected in the fact that the adult human body contains approximately 25 grams of magnesium, divided among the skeleton, muscle tissue, blood, and other areas.

Magnesium malate is a form of magnesium bound to malic acid, which is a compound found naturally in fruits and vegetables, and is responsible for the tart flavor of rhubarb and green apples. Magnesium is a required cofactor for enzymes that harness energy from carbohydrates, while malic acid is an intermediary of the complex process that generates energy from all fuel sources, including carbohydrates, fats, and ketones. Therefore, magnesium malate may be especially beneficial for individuals who experience occasional low energy and fatigue.

**Magnesium may also support**:

**Cardiovascular function:** Owing to its role in muscle contraction and relaxation, and nerve conduction, magnesium may help support healthy blood pressure levels and cardiovascular function.

**Healthy carbohydrate tolerance:** Magnesium is indispensable for converting carbohydrate (glucose) to energy, and is also required for proper functioning of the insulin receptor. Individuals who experience occasional issues related to blood glucose levels and carbohydrate tolerance may benefit from supplemental magnesium.

**Bone health:** Sixty percent of the magnesium in the human body is found in the skeleton. Magnesium is an essential element of the physical structure of bone tissue. Supplementing with calcium alone often does not have the desired effect of strengthening bones; maintenance of healthy bones requires adequate magnesium, along with protein and other mineral cofactors..

***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.**

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Magnesium Malate

**Recommended Use:** As a dietary supplement, take two capsules per day with meals, or as directed by your health care practitioner.

## Supplement Facts

Serving Size 2 capsules
Servings Per Container 120

| Amount Per Serving | | % Daily Value |
|---|---|---|
| Magnesium (as Di-Magnesium Malate) | 360 mg | 90% |

**Other Ingredients**: Cellulose (capsule), vegetable stearate.

### Suggested Use

As a dietary supplement, take two capsules per day with meals, or as directed by your health care practitioner.

### Caution

Keep out of reach of children.

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