

Signs of low magnesium may include:^{^2,3}



Mild headaches



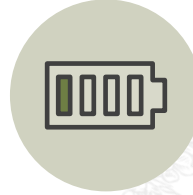
Brain fog



Muscle twitches



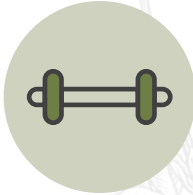
Tremors



Fatigue



Cramps



Muscle weakness



Mood change



Glucose Management



Driven by Quality

Standard Process is committed to growing and sourcing the highest quality ingredients. For ingredients that can't be grown on our certified organic farm, we go to great lengths to find sources that utilize Good Manufacturing Practices (GMP) and apply high-quality standards. Standard Process products are formulated in our facility, analyzed to validate label claims, and tested for the presence of heavy metals. As a third-generation, family-owned company, we stand behind our holistic approach to nutritional health.



**TOGETHER WE
CHANGE LIVES.**

Standard Process, Your Health
Care Practitioner, and You

1. Moshfegh, A. G., Joseph, Ahuja, Jaspreet; Rhodes, Donna; LaCombe, Randy. NHANES 2005-2006: U.S. Department of Agriculture, Agriculture Research Service 2009.
2. DiNicolantonio J.J., Keefe J.H., Wilson W. Open Heart. 2018, 5(1).
3. Supplements, N. I. o. H. O. o. D. <https://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/> (accessed 8/18/17).
4. Rosanoff, A. Plant and Soil 2013, 368 (1-2), 139-153.
5. Davis, D. R. HortScience 2009, 44 (1).
6. Nielsen, F. H., Crop and Pasture Science 2015, 66 (12).

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.



standardprocess.com

E-Z Mg™

Plant-based, organic magnesium (Mg)



High-quality
ingredients that
work the way
nature intended.



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

Why Are People Magnesium Deficient?

The Standard American Diet (SAD) is high in processed foods and carbohydrates, and is low in vitamins and minerals. This inadequate daily intake of plant materials and processed food with poor nutritional content helps contribute to magnesium deficiency.⁴

Historical nutrient content data from developed countries suggests that produce — especially vegetables — has experienced a 5 to 40 percent or more decline in mineral, vitamin, and protein content over the last century.⁵ Therefore, obtaining magnesium from nutrient-rich plants remains critical for reaching adequate daily intake of this mineral.⁶

Bridge the Dietary Magnesium Gap

E-Z Mg™ — a plant-based, organic magnesium — can supplement dietary magnesium intake.

Magnesium is an essential mineral that supports foundational health and contributes to more than 300 enzyme reactions in the body on a daily basis. However, despite its importance, **more than half of Americans fall short in magnesium intake.**¹



The Benefits of Magnesium

The best source of magnesium for the body is obtained from the diet. The plant-based magnesium in E-Z Mg™ can be absorbed by the body the way nature intended. The naturally occurring magnesium in E-Z Mg™ at the recommended dose is not expected to contribute to gastrointestinal side effects that are common in other forms of magnesium supplements.

Swiss chard and buckwheat are both grown on our certified organic farm in Wisconsin. We leverage the scientific methods of regenerative farming to cultivate our nutrient-rich soil, thus increasing the quality and quantity of natural phytonutrients found in our plants.

E-Z Mg™

Suggested Use: Six tablets per day, or as directed.



66%
BUCKWHEAT
in formula



30%
SWISS CHARD
in formula



- Plant-based, organic magnesium (Mg) supplement
- Essential for central nervous system health*
- Helps to bridge the gap in dietary magnesium intake*
- Magnesium is involved in sleep pathways that support brain homeostatic sleep processes
- Gluten-free

*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.