E-Z Mg™

The plant-based, multiform magnesium found in E-Z Mg™ is an ideal source to help fill nutritional gaps. Made from two key ingredients: Swiss chard (beet leaf) and buckwheat, both grown on our sustainable and certified organic farm. Organic, vegan and gluten-free magnesium – made to be absorbed by the body the way nature intended.*

- Plant-based, naturally occurring multiform magnesium
- Helps to bridge the gap in dietary magnesium intake*
- May promote whole-body and urine alkalization*
- Rich source of Vitamin K1
- USDA Organic, Gluten-Free, Vegan

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.

Signs of low magnesium may include: 2, 3
- Mild headaches
- Brain fog
- Muscle twitches
- Tremors
- Cramps
- Fatigue
- Muscle weakness
- Mood change
- Glucose management

Why People Are Magnesium Deficient

The Standard American Diet (SAD) is high in processed foods and carbohydrates, low in vitamins and minerals. This inadequate daily intake of plant materials helps contribute to magnesium deficiency. 4 Data also suggests that produce - especially vegetables - has experienced a decline in mineral content over the last century. 5

The Benefit of Multiform Magnesium

The best source of magnesium is naturally occurring and obtained from the diet. Various forms of magnesium make use of different uptake sites in the gut with 40% of magnesium absorption taking place throughout the intestines. 6 Plant-based magnesium, like that found in E-Z Mg™, is considered ideal as it consists of a collection of various magnesium forms (i.e., multiform). Since plant-based magnesium contains multiple forms, it helps take the guesswork out of which kind of magnesium to take.

E-Z Mg™ may not address these concerns and is not intended to diagnose, treat, cure, or prevent any disease.
Nutrient Rich Soil Grows Magnesium Rich Plants

E-Z Mg™ is made from two key ingredients: Swiss chard (beet leaf) and buckwheat – both grown on our sustainable and 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.

For more than 18 years, our farm experts have worked hard to increase the level of organic matter in our soil which, in turn, provides a higher yield of beneficial nutrients in our plants.

In addition, freshly harvested crops are processed often within a day of harvesting in our state-of-the-art manufacturing facility. We use proprietary technology designed to maintain the vital nutrients in our products, allowing us to strictly control their quality from soil to supplement.

Available in convenient and portable stick packs, E-Z Mg™ is certified USDA organic and can be mixed with water, blended in a smoothie or even sprinkled on foods. The recommended daily dosage is 1 stick pack per day, or as directed by your health care professional. Each package holds 30 mixed berry-flavored stick packs.

E-Z Mg™ contains 6g of our proprietary blend of organic dried Swiss chard (beet leaf) juice and organic dried buckwheat (aerial parts) juice, delivering 85mg of elemental magnesium. Each serving contains a PRAL value estimated at -8.9mEq which may promote urine and whole-body alkalization.

To learn more and order, visit standardprocess.com/EZ-Mg

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