



## 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.<sup>1</sup>

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:<sup>2,3</sup>

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

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



Buckwheat

Swiss chard  
(beet leaf)

### 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.<sup>4</sup> Data also suggests that produce - especially vegetables - has experienced a decline in mineral content over the last century.<sup>5</sup>

### 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<sup>6</sup> with 40% of magnesium absorption taking place throughout the intestines.<sup>7</sup> 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.

## 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.



Swiss Chard at the Standard Process Farm



Buckwheat at the Standard Process Farm

## Supplement Facts

Serving Size: 1 stick pack

Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	20	
Total Carbohydrate	4 g	1%*
Dietary Fiber	1 g	4%*
Total Sugars	<1 g	†
Vitamin K1	60 mcg	50%
Calcium	20 mg	2%
Phosphorus	30 mg	2%
Magnesium	85 mg	20%
Sodium	50 mg	2%
Potassium	350 mg	8%
Proprietary Blend	6 g	†
Organic dried swiss chard (beet leaf) juice and organic dried buckwheat (aerial parts) juice.		

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

†Daily Value not established.

Other Ingredients: Organic rice (hull) concentrate, natural flavor, and monk fruit extract.

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.

This product contains naturally occurring Vitamin K1. All forms of vitamin K may interact with blood-thinning medications. If you are taking such medicines, please consult with your health care professional before taking this product. If you have been directed to eat a diet low in oxalates (found in leafy green vegetables), please consult with your health care professional before taking this product. If you are pregnant or lactating, please consult with your health care professional before taking this product.

To learn more and order, visit  
[standardprocess.com/EZ-Mg](http://standardprocess.com/EZ-Mg)

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WHOLE FOOD NUTRIENT SOLUTIONS

\*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.

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