

Magnesium Lactate[®]



Features of Magnesium Lactate:

- Promotes cellular energy production*
- Supports ion signaling across cell membranes
- Supports the body's natural ongoing activities of bone formation and resorption
- Helps facilitate muscle contraction
- Supports the body's energy production, which is used by the central nervous, neuromuscular, and cardiovascular system*

The Case for Magnesium Supplementation

Magnesium Lactate is a bioavailable form of magnesium⁷ introduced in 1987 with a long history of safe and effective use.

Almost 50% of the US population has suboptimal dietary magnesium intake, according to 2005-2006 NHANES.^{1,2} Insufficient intake of magnesium is related to the Standard American Diet (SAD) that is full of processed foods which are low in vitamins and minerals. Other factors that contribute to low magnesium levels include reduced absorption in the gut, increased losses through the intestine or kidney, excessive sweating, increased magnesium need (such as pregnancy), aging and certain medications.³⁻⁵

Magnesium is involved in many critical functions in the body, so suboptimal magnesium level can have far-reaching impact on general health. Recognizing a low level of magnesium can be difficult as 99 percent of magnesium is stored within tissues and is challenging to assess with common clinical diagnostic tools. This raises the concern that suboptimal magnesium levels in the body are often not properly addressed.⁶

NOTES

FIGURE 1. Signs of low magnesium may include:³



Magnesium Lactate may not address these concerns and is not intended to diagnose, treat, cure, or prevent any disease.

The Role of Magnesium

Magnesium is an essential mineral that acts as a cofactor in over 300 enzymes. Magnesium is necessary for energy production, glycolysis, and the synthesis of nucleic acids (DNA and RNA) and proteins. It is also critical for cell growth and function, energy storage and production, stabilization of cell membranes, nerve conduction, muscle contraction and the function of ion channels.⁷

Supplement Facts

Serving Size: 3 Capsules
Servings per Container: 30

	Amount per Serving	% Daily Value
Calories	10	
Total Carbohydrate	1g	<1%
Magnesium	210mg	50%

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

Ingredients: Gelatin, magnesium lactate, calcium stearate, and water.

Available Size:

- Magnesium Lactate 90 Capsules

Please consult the actual product label for the most accurate product information

The Role of Magnesium (Continued)

- **Energy Production:** The main source of cellular energy is ATP (adenosine triphosphate), and it must be bound to a magnesium ion to be biologically active. ATP is often also called Mg-ATP.⁸
- **Bone Support:** About 60 percent of all magnesium is found in bone. Magnesium is vital in bone formation by supporting osteoblasts and osteoclasts and also acts as a cofactor for vitamin D synthesis and activation to support bone health.^{8,9}
- **Cardiovascular Support:** Magnesium supports cardiac pump function, is associated with the regulation of potassium balance in myocardial cells, and acts in vasodilation of the coronary and peripheral arteries.^{4,6,8}

Additional Product Support

- Calcium Lactate

FIGURE 2. Recommended Dietary Allowances (RDAs) for Magnesium¹⁰

Age	19-30 years	31-50 years	51+ years
Male	400mg	420mg	420mg
Female	310mg	320mg	320mg
Female (Pregnancy)	350mg	360mg	-
Female (Lactation)	310mg	320mg	-

Average daily level of intake sufficient to meet the nutrient requirements of nearly all (97%–98%) healthy individuals; often used to plan nutritionally adequate diets for individuals.



Standard Process also offers E-Z Mg™, a plant-based, multiform magnesium made from two key ingredients: Swiss chard (beet leaf) and buckwheat — both grown on our sustainable and certified organic farm.

REFERENCES

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More than
80%
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
6.5M
pounds of ingredients on our certified organic and sustainable farm

Healthy Soil. Healthy Plants. Healthy Lives.

Standard Process is a family-owned company dedicated to making high-quality and nutrient-dense therapeutic supplements for three generations.

We apply a holistic approach to how we farm, manufacture and protect the quality of our products. This comprehensive strategy ensures that our clinical solutions deliver complex nutrients as nature intended. It’s how we define the whole food health advantage.