

# Magnesium Chelate



Magnesium is an extremely important mineral involved in many very important enzymatic pathways. It is involved in energy metabolism, inhibits platelet aggregation, dilates blood vessels, has anti-spasmodic on all muscle tissue types, and enhances immune function. It is one of the nutrients found to be deficient in our daily diets.

Frequently there is a relative deficiency of magnesium when an individual is under stress. The use of diuretics and many other drugs are a common cause of Magnesium deficiency. Large doses of calcium and vitamin B6 increase the need for magnesium.

For your Magnesium needs, an amino acid chelate is the most bioavailable form of oral magnesium.

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**Supplement Facts:** Serving Size: 1 Capsule, Servings per Container: 100

Each capsule contains 100 mg Magnesium (amino acid complex)  
Other Ingredients: Oat Fiber, Microcrystalline cellulose, Magnesium stearate, Gelatin.

Suggested Use: One capsule a day or as directed by a health professional.

*The ingredients in this product are supplied by well respected USA and/or European vendors and they are analyzed for purity and quality.*

How **Magnesium Chelate** is Supplied:  
VMMG                      bottles of 100 capsules



Phone: 888.953.5553  
[www.nutritionpureandsimple.com](http://www.nutritionpureandsimple.com)

*These statements have not been evaluated by the Food and Drug Administration  
Products are not intended to diagnose, treat, cure, or prevent any disease*