



WWW.QNUTRAPHARMA.COM



ESSENTIALS

MAGNESIUM 250 mg

High strength magnesium for energy, muscle health and normal nerve function

Nutritional Information

One Tablet provides:

		*%NRV
Magnesium citrate	833.33 mg	
providing magnesium	250 mg	67

*NRV = Nutrient Reference Values

One tablet daily with food. Swallow with water.



SUMMARY

- High potency formula
- Highly absorbable form of magnesium
- Gentle on the gut

DESCRIPTION

Magnesium 250 mg is a highly effective, high potency magnesium supplement. Magnesium is required for the health of the nerves, the production of neurotransmitters and for over 300 enzymatic processes within the body. Modern lifestyles typically decrease our magnesium stores through behaviours such as the consumption of caffeine, refined sugar, alcohol and smoking, as well as depletion through chronic stress states.

WHAT ARE THE BENEFITS OF MAGNESIUM CITRATE SUPPLEMENTATION?

Magnesium citrate is a highly absorbable form of magnesium and is superior to magnesium oxide, another common form of magnesium used in supplementation.¹

Magnesium Oxide	Magnesium Citrate
Very low solubility in stomach acid ✗	High solubility in stomach acid ✓
Poorly absorbed ✗	Highly absorbed ✓
Poor bioavailability ✗	Highly bioavailable ✓

Sleep

Magnesium is required for the production of the neurotransmitter gamma-aminobutyric acid (GABA). GABA is an inhibitory neurotransmitter that is required for the relaxation of the nervous system. Relaxation of the nervous system is essential for the onset of sleep. 50% of the population report to suffer from insomnia, and the impact on quality of life and health can be profound. Research shows that magnesium supplementation can significantly improve sleep efficacy and quality, increase concentrations of the sleep hormone melatonin and decrease concentrations of the stress hormone cortisol.²

Energy production

Magnesium is required directly for the Krebs cycle (energy production) where it controls glycolysis. Glycolysis is the breaking down of glucose into a useable form known as pyruvate.³

For a steady energy supply to be maintained, adequately functioning adrenal glands are required. Adrenal glands help to control blood sugar balance with the release of cortisol and adrenaline which communicates with stored sugar (glycogen). The adrenal glands work very closely with the hypothalamus and pituitary glands in the HPA axis. Magnesium deficiency can interfere with the equilibrium of the HPA axis⁴, ultimately decreasing adrenal function and therefore steady energy.

Depression

Magnesium deficiency may lead to depression and other mood disorders. Magnesium works in balance with calcium to regulate nerve nitric oxide balance. An imbalance in this process may result in neurological damage which manifests as depression. Case history studies show a rapid recovery from major depression in just 7 days using magnesium supplementation.⁵

Stress

Due to its role in the production of GABA, magnesium is required for a healthy stress response. GABA is the inhibitory neurotransmitter that causes relaxation and calming down of the nerves and muscles after a stressful situation. Elevated cortisol depletes magnesium levels, worsening the cycle of chronic stress.

Bone health

Magnesium is the third most abundant mineral in the body, most of which is found in the bone matrix. Magnesium is released into the bloodstream in response to elevated glucose levels found in high sugar diets, high levels of cortisol, caffeine and smoking. This magnesium is taken mostly from the bones. A lifetime of high stress, high sugar diet, caffeine consumption and smoking can negatively impact bone density. Magnesium works in balance with calcium and they should be consumed in a calcium to magnesium 2:1 ratio to maintain equilibrium. Most modern diets are low in magnesium and high in calcium warranting the need for magnesium supplementation to protect bone health. One study increased the magnesium intake of 19 post-menopausal women on hormone replacement therapy. A significant bone mineral density increase was observed after just 1 year.⁶

HOW SHOULD MAGNESIUM 250 mg BE TAKEN?

One tablet daily with food. Swallow with water.

ARE THERE ANY PRECAUTIONS BEFORE OR WHILE TAKING MAGNESIUM 250 mg?

Magnesium 250 mg is intended for use by adults and is not suitable for children.

Pregnant woman should consult with their midwife or doctor before taking this product and should remain supervised for the duration of supplementation.

FEATURES

- High potency
- Bioavailable
- Absorbable form

HEALTH NEEDS



BONES



ENERGY



STRESS & HECTIC
LIFESTYLE

SCIENTIFIC REFERENCES

1. Journal of the American College of Nutrition. 1990;9:1
2. J Res Med Sci. 2012 Dec; 17(12): 1161–1169.
3. Magnesium. 1985;4(2-3):60-72.
4. Neuropharmacology. 2012 Jan; 62(1): 304–312.
5. Medical hypothesis. 2006; 67: Issue 2, Pages 362–370
6. The Journal of Reproductive Medicine [01 May 1990, 35(5):503-507

