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*Platinum
Excellence*

FORTE MAG B

Provides 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
Vitamin B6	10 mg	714

*NRV = Nutrient Reference Values

Take one tablet daily with a meal. Swallow with water.



SUMMARY

- High potency formula.
- Gentle on the gut.
- Highly absorbable form of magnesium.
- Titanium dioxide free supplementation.

WHAT IS FORTE MAG B?

This formula provides a highly effective, high potency magnesium supplement. Magnesium is required for the health of the nerves, the production of neurotransmitters and is involved in more than 300 enzymatic reactions in the body. Modern lifestyles typically decrease our magnesium stores through common behaviours such as the consumption of refined sugar, processed foods, coffee, alcohol, and smoking. A diet that is either high in protein, sodium or calcium can also impact on our magnesium levels. Magnesium stores are also lowered through physiological conditions (pregnancy, ageing, the menopause); medication intake such as antibiotics, diuretics (furosemide) or proton-pump inhibitors (omeprazole) as well as chronic stress states. Unfortunately, pathological conditions also impact on our magnesium levels, and these include but are not limited to: Type 2 diabetes, gastrointestinal disorders, osteoporosis, kidney failure and cardiovascular diseases¹.

WHAT ARE THE BENEFITS OF MAGNESIUM CITRATE SUPPLEMENTATION?

Magnesium citrate is a highly absorbable form of magnesium and is superior to magnesium oxide or magnesium carbonate, other common forms of magnesium used in supplementation.^{2,3}

Magnesium citrate is a salt, an ionic compound, that contains positive magnesium ions and negative citrate ions. This organic form of mineral supplementation ensures a high absorption of magnesium and reduced risk of gastrointestinal issues such as constipation. Magnesium citrate is more gentle than some of the other magnesium compounds. In fact magnesium citrate causes the intestine to release water into intestine, and can also be used to help relieve constipation and irregularity.

Criteria	Magnesium Oxide	Magnesium Carbonate	Magnesium Citrate
Solubility in stomach acid	Very low	Low	High
Absorption	Poor	Poor	High
Bioavailability	Poor	Poor	High

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. About 50% of the population report to suffer from insomnia, and the impact on quality life and health can be profound. Research found that taking magnesium for eight weeks had statistically significant increases in sleep time, sleep efficiency, and concentration of the sleep regulating hormone melatonin. It also indicated a decrease in the concentrations of the stress hormone cortisol.⁴

Energy

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.⁵

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 axis⁶, 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.⁷

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.¹

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 one year.⁸

ARE THERE ANY PRECAUTIONS THAT SHOULD BE TAKEN BEFORE USING FORTE MAG B?

Forté Mag B is intended for use by adults and is not suitable for children. If you are under medical supervision, please consult a doctor before use.

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

FEATURES

- High potency
- Bioavailable
- Absorbable form
- Titanium dioxide free formula

HEALTH NEEDS



STRESS & HECTIC
LIFESTYLE



ENERGY



BONES

SCIENTIFIC REFERENCES

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