

MagCitr^{ate} Powder

Supports GI Regularity and Sleep*



FOUNDATIONAL HEALTH



MagCitr^{ate} Powder provides 300 mg of magnesium per 1-scoop serving as a convenient lemon-flavored powder. It mixes easily in water and offers serving size flexibility when either more or less is needed. Magnesium citrate helps promote movement through the gastrointestinal (GI) tract, bowel relaxation, and regularity.* It also supports restful sleep due to its relaxing properties.* MagCitr^{ate} Powder may support individuals with occasional constipation when fiber alone is insufficient in moving bowels, and it may support sleep quality for those with difficulty sleeping.*

Magnesium plays many important roles in the body, particularly in the brain, skeletal muscles, and heart. Magnesium is an essential mineral that supports more than 300 biochemical reactions in the body, including those that regulate cellular energy production, muscle and nerve function, and normal heart rhythm and blood

pressure.* Magnesium is critical for supporting normal muscle relaxation, neurological health, bone health, and psychological balance. Magnesium's role in supporting cellular energy production underlies its importance for sustaining overall physical energy and efficient, healthy metabolism.*

Studies show magnesium intake in the U.S. has decreased significantly in the last several decades. Magnesium insufficiency is common in the U.S. due to the wide use of demineralized water and soil and the increased consumption of processed food. Individuals following a Western-style diet consume less than the recommended dietary allowance (RDA) for magnesium (320 mg to 420 mg per day for adults). Magnesium can also be depleted by stress, excessive alcohol consumption, gastrointestinal diseases, and certain medications.

Benefits*

- Supports bowel movement and activity
- Promotes bowel regularity
- Supports relaxation and restful sleep

Recommended Use

Take 4 grams (approximately 1 scoop) per day or as directed by your health-care practitioner.

Highlights

- 300 mg of magnesium (as magnesium citrate) per scoop
- Pleasant lemon flavored powder
- No fructose, sucrose, or artificial sweeteners; sweetened with organic stevia leaf extract
- Convenient powdered delivery for serving size flexibility
- Gluten-free, dairy-free, and soy-free
- Non-GMO

To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at www.designsforhealth.com.

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

Designs for Health and logo are trademarks of Designs for Health, Inc. © 2022 Designs for Health, Inc. All rights reserved

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.