

Magnesium Malate

Highly bioavailable form of magnesium



FOUNDATIONAL HEALTH



Designs for Health's Magnesium Malate features a highly absorbable and bioavailable form of elemental magnesium.* Each 2-capsule serving provides 360 mg of magnesium as di-magnesium malate. Both magnesium and malate are fundamental compounds in energy production.* As a result, magnesium malate may help support proper energy production, brain health, muscle health, and sports and exercise performance.*

Magnesium is an essential mineral that serves as a nutrient cofactor for more than 300 biochemical reactions in the body. The need for magnesium throughout the body is reflected in the fact that the adult human body contains a hefty 25 grams of magnesium, which is divided among the skeleton, muscles, blood, and other tissues. Magnesium plays a crucial role in many aspects of health, including cardiovascular function, blood

sugar metabolism, and bone structure and function.* Magnesium may also support a healthy stress response.*

Magnesium malate may be beneficial to physically active individuals due to increased energy requirements.* Owing to magnesium's role in proper muscle contraction and cardiovascular function, magnesium malate may support exercise performance and muscle health, including muscle strength, performance, and power.* Magnesium may increase exercise endurance and attenuate exercise exhaustion.*

Low intake of magnesium is common in the United States due to increased consumption of processed foods and demineralized water.* Stress, alcohol consumption, certain medications, gastrointestinal disorders, or other diseases may contribute to magnesium depletion.*

Benefits*

- Supports energy production and cardiovascular health
- Promotes exercise and sports performance
- Supports muscle contraction and relaxation
- Supports brain health and a healthy stress response
- Supports bone structure and function

Highlights

- 360 mg of magnesium (as di-magnesium malate) per 2-capsule serving
- Highly absorbable and bioavailable magnesium malate form
- Gluten-free, dairy-free, and soy-free
- Non-GMO

Recommended Use

Take 2 capsules per day with meals or as directed by your health-care practitioner.

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.

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*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.