



MAGNESIUM SUPPORT

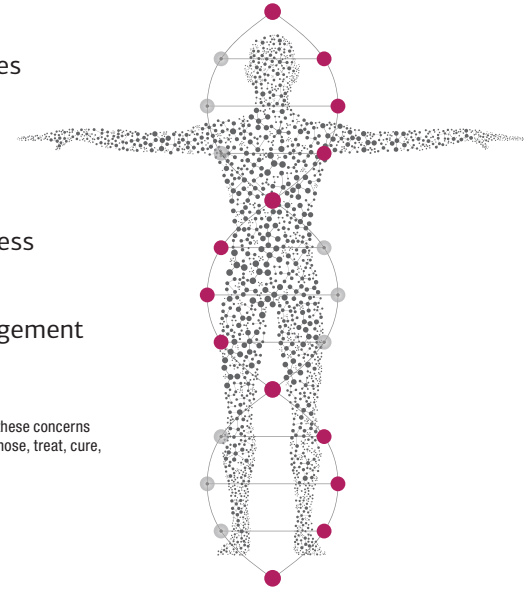
Benefits of E-Z Mg™:

- Plant-based, naturally occurring multiform of magnesium
- Helps to bridge the gap in dietary magnesium intake*
- May promote whole body and urine alkalization*
- Rich source of Vitamin K1
- USDA Organic, Gluten-Free, Vegan
- No artificial colors, sweeteners, or preservatives.



Signs of low magnesium may include:^{4,5}

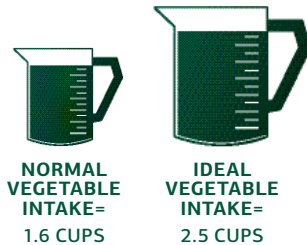
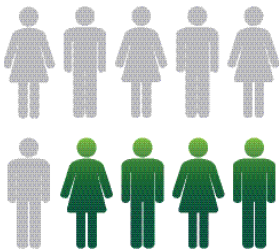
- Mild headaches
- Brain fog
- Muscle twitches
- Tremors
- Cramps
- Fatigue
- Muscle weakness
- Mood change
- Glucose management



E-Z Mg™ may not address these concerns and is not intended to diagnose, treat, cure, or prevent any disease.

The Case for Magnesium (Mg) Supplementation

Over 50% of Americans don't meet the daily dietary magnesium requirement.¹



Magnesium contributes to more than 300 enzyme reactions in the body on a daily basis. Some of the more critical roles that magnesium plays in the body include nerve conduction, muscle contraction, energy production, nutrient metabolism, and protein, bone and DNA formation.

Why is Magnesium Deficiency Occurring?

- The Standard American Diet (SAD) is high in processed foods and carbohydrates, low in vitamins and minerals.²
- Data suggests that produce has experienced a decline in mineral content over the last century.³
- Magnesium depletion in soil through lack of plant rotation, overproduction and pesticide use.

Supplement Facts

Serving Size: 1 stick pack
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	20	
Total Carbohydrate	4 g	1%*
Dietary Fiber	1 g	4%*
Total Sugars	<1 g	†
Vitamin K1	60 mcg	50%
Calcium	20 mg	2%
Phosphorus	30 mg	2%
Magnesium	85 mg	20%
Sodium	50 mg	2%
Potassium	350 mg	8%

Proprietary Blend 6 g †
Organic dried swiss chard (beet leaf) juice and organic dried buckwheat (aerial parts) juice.

*Percent Daily Values are based on a 2,000 calorie diet. †Daily Value not established.

Other Ingredients: Organic rice (hull) concentrate, natural flavor, and monk fruit extract.

E-Z Mg™ is available in convenient, portable stick packs.

Warning: This product contains naturally occurring Vitamin K1. All forms of Vitamin K may interact with blood-thinning medications. If you are taking such medicines, please consult with your health care professional before taking this product. If you have been directed to eat a diet low in oxalates (found in leafy green vegetables), please consult with your health care professional before taking this product. If you are pregnant or lactating, please consult with your health care professional before taking this product.

NOTES

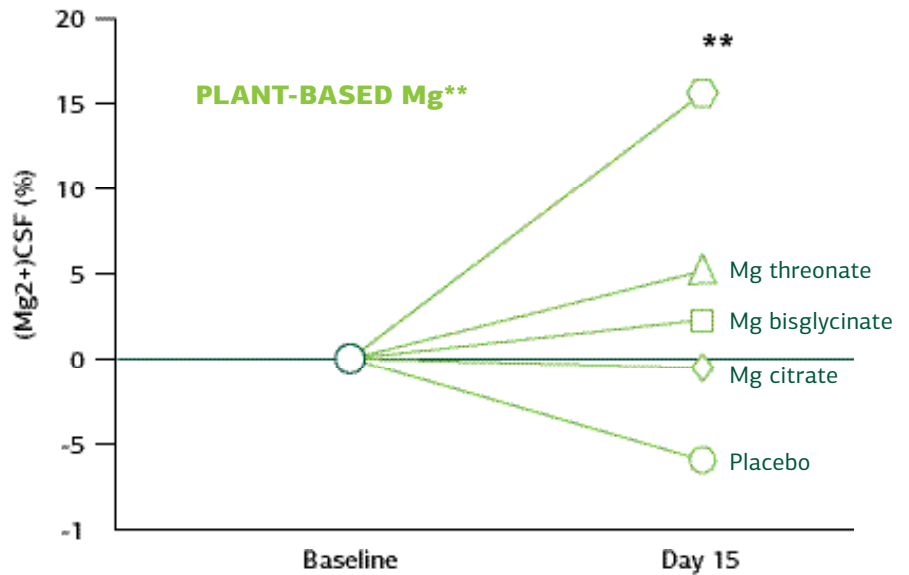


FIGURE 2. Elevation of ionized Mg level
Percent change in CSFMg level from baseline after 14 days of administration with various Mg forms.

** Indicates a significant difference from control on day 15, $p < 0.05$ (fisher LSD).

FIGURE 1. Multifform Magnesium

E-Z Mg™ contains 6g of our proprietary blend of organic dried Swiss chard (beet leaf) juice and organic dried buckwheat (aerial parts) juice, delivering 85mg of elemental magnesium. Each serving contains a PRAL value estimated at -8.9mEq which may promote urine and whole body alkalinization.*



Additional Product Support

- Cataplex® B₁₂
- Cellular Vitality
- Cruciferous Complete™
- Neuroplex®
- Neurotrophin PMG®
- OPC Synergy®
- ProSynbiotic
- Thymus PMG®
- Tuna Omega-3 Oil

REFERENCES

1. Moshfegh, A. G., Joseph, Ahuja, Jaspreet; Rhodes, Donna; LaCombe, Randy. What We Eat in America, NHANES 2005-2006: U.S. Department of Agriculture, Agriculture Research Service 2009.
2. Rosanoff, A., Plant and Soil 2013, 368 (1-2), 139-153.
3. Davis, D. R., HortScience 2009, 44 (1).
4. DiNicolantonio J.J., Keefe J.H., Wilson W., Open Heart. 2018, 5(1).
5. Supplements, N. I. o. H. O. o. D. Magnesium: Fact Sheet for Health Professionals <https://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/> (accessed 8/18/17).

More than
80%
of the raw plant ingredients used in our products are grown on our organic and sustainable farm

Freshly picked crops
are often processed within a day to maintain vital nutrients

We harvest more than
6.5M
pounds of ingredients on our certified organic and sustainable farm

Healthy Soil. Healthy Planet. Healthy Lives.

Standard Process is a family-owned company dedicated to making high-quality and nutrient-dense therapeutic supplements for three generations.

We apply a holistic approach to how we farm, manufacture and protect the quality of our products. This comprehensive strategy ensures that our clinical solutions deliver complex nutrients as nature intended. It's how we define the whole food health advantage.