

# APTOGENIX

## Essential Mag



### Supplement Facts

Serving Size: 2 Capsules

Servings per Container: 60 Serving

	Amount Per Serving	% Daily Value
Magnesium (as dimagnesium malate)	280 mg	67%

\*Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), L-Leucine.

- ⌘ Supports cardiovascular function.\*
- ⌘ Healthy carbohydrate tolerance.\*
- ⌘ Improves Bone health.\*
- ⌘ Highly bioavailable form.\*

\* 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.

Magnesium is involved in many co-factors in the body and also many biochemical activities. All in all, it is a component of over 300 enzymatic processes in the body. In addition, magnesium provides nutritional support for muscles and bones, as well as for several physiological functions, including energy production and healthy cardiac function.

Unfortunately, today's soil is depleted more than ever before, so it's very hard to get adequate or optimal levels of magnesium. In addition, the need for magnesium is also higher due to the stress of the modern world. In fact, when testing for magnesium status, it's often suboptimal for a majority of individuals. It is critical being able to supplement with magnesium, in most cases, is very helpful and essential to have enough magnesium.

Secondarily, getting enough magnesium through supplementation can have its own challenges. Magnesium is sold in many forms, some of which can cause a loosening of the bowel and others provide a very low yield despite large doses. The Magnesium Malate in Essential Mag is a highly bioavailable form of magnesium that has a higher yield and therefore allows optimal dosage with less number of capsules.