

# Magnesium Multi-Mineral - Chelated

A well-balanced blend of magnesium, calcium and trace minerals in highly bioavailable chelated forms

Vegan

GMO Free

Gluten Free

Soy Free

Dairy Free



- A well-balanced blend of magnesium, calcium and trace minerals
- All minerals are delivered in chelated forms, bound to amino acids for optimal absorption through the intestinal walls via dipeptide channels and improved digestive tolerability
- Complementary minerals are provided in well-balanced ratios, including a 3:1 ratio of Magnesium to Calcium and a 15:2 ratio of Zinc to Copper

Minerals are essential to human health. They are needed as buffering agents to regulate pH levels, they play a key role in the body's physical structures and they regulate countless enzymes. The problem is that modern day practices leave many of us with suboptimal mineral levels. Poor soil quality and food processing have led to documented lower mineral levels in our produce and grains, while pharmaceutical medications can deplete key minerals over long-term use. Consider the following essential minerals and their roles in human health:

**Magnesium:** Magnesium is necessary for maintaining proper nerve and muscle function through its regulation of calcium, it helps create cellular energy in the mitochondria and also acts as a cofactor to

build DNA, RNA and many proteins. Clinical trials and large-scale evidence have shown that magnesium can be helpful in cases of muscle tension, fatigue, anxiety, depression, insomnia, attention-deficit hyperactive disorder (ADHD), cardiovascular disease, dementia, osteoporosis, migraines and more.

**Calcium:** While calcium is best-known for its role in the skeletal system, it also plays a crucial role in regulating muscle contractions, transmitting signals in the nervous system and releasing hormones. Calcium has a complementary and important relationship with magnesium in many physiological functions.

**Zinc:** Necessary for the normal development and function of natural killer cells, neutrophils, macrophages and various cytokines, zinc is predominantly known for its role in regulating the immune system. Zinc also stabilizes insulin and regulates blood sugar levels, increases thyroid receptor sensitivity, improves mood and aids in healthy sperm production.

**Copper:** Copper is required for the absorption of iron from the digestion tract, it plays a role in immunity and it is involved in the production of

adenosine triphosphate. Depletion of copper levels can be seen with long-term zinc supplementation as each mineral competes for gastrointestinal absorption, so it is important to provide a balanced ratio of each trace mineral.

**Boron:** This trace mineral helps to support bone health by reducing urinary excretion of calcium and magnesium. It also has anti-inflammatory properties and has been shown to reduce arthritic pain.

**Manganese:** Manganese is a necessary cofactor for multiple important enzymes in the body and is particularly important for the synthesis of proline and collagen. This makes the trace mineral important for skin, bone and joint health.

**Molybdenum:** This trace mineral is indicated for its detoxification properties. Most notably, individuals with sulfite sensitivities are often found to be deficient in molybdenum because it is needed to activate enzymes that metabolize sulfites, aldehydes and xanthines.

**Chromium:** A trace mineral necessary for proper insulin receptor function, chromium has demonstrated the ability to reduce blood sugar levels and reduce hemoglobin A1c markers, indicating better long-term glucose control.

**Selenium:** Although most well-known for its role in activating and regulating thyroid hormone, selenium is also needed for proper immune function and for up-regulating the production of the body's master antioxidant, glutathione.

Cyto·Matrix's **Magnesium Multi-Mineral** contains a well-balanced blend of these minerals in their highly bioavailable chelated forms. Chelated minerals have been chemically bound to an amino acid and these complexes assist the transport of minerals through the intestinal walls via dipeptide channels.

This allows for optimal absorption and improved digestive tolerability.

**Magnesium Multi-Mineral** contains a therapeutic dose of magnesium with trace mineral dosages to help meet the recommended dietary allowance (RDA) each day. Complementary minerals are provided in well-balanced ratios, including a 3:1 ratio of Magnesium to Calcium and a 15:2 ratio of Zinc to Copper.

#### Each capsule contains

Magnesium .....	100mg
(Albion™ di-magnesium malate, Albion™ magnesium bis-glycinate chelate buffered (magnesium bis-glycinate chelate, magnesium oxide))*	
Calcium .....	33mg
(Albion™ di-calcium malate)*	
Zinc .....	5mg
(Albion™ zinc bis-glycinate chelate)*	
Copper .....	667mcg
(Albion™ copper bis-glycinate chelate)*	
Manganese .....	667mcg
(Albion™ manganese bis-glycinate chelate)*	
Boron .....	233mcg
(Albion™ Bororganic glycine)*	
Chromium .....	40mcg
(Albion™ chromium nicotinate glycinate chelate)*	
Molybdenum .....	25mcg
(Albion™ molybdenum glycinate chelate)*	
Selenium .....	18mcg
(Albion™ selenium glycinate complex)*	

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#### Non-Medicinal Ingredients

Citric acid, hypromellose, magnesium stearate, maltodextrin, microcrystalline cellulose, silica.

### Recommended Use Claim

Multi-vitamin and multi-mineral supplement. Helps to maintain normal DNA synthesis and normal acid-base metabolism. Helps to maintain normal electrolyte balance. Helps in energy metabolism and tissue formation. Helps in the development and maintenance of bones and teeth. Helps to maintain healthy skin. Helps to maintain immune function. Helps to maintain normal blood glucose levels. Helps to maintain proper muscle function, including the heart muscle.

### Directions of Use

Adults (19 years and older) - Take 3 capsules, 1 time per day.

### Cautions and Warnings

Keep out of reach of children.

### Storage Conditions

Do not use if safety seal is broken.