

# Magnesium Citrate•Malate 150mg

150mg of elemental magnesium per capsule, delivered in a citrate salt to help in the prevention of kidney stones

GMO Free

Vegan

Gluten Free

Dairy Free

Soy Free



- 150mg of elemental magnesium per capsule, delivered in a citrate salt complex
- Both magnesium and citrate play an important role in regulating oxalate absorption from food and preventing calcium oxalate and calcium phosphate stone formation
- 120 capsules per bottle

Kidney stones are more commonly found in males than females, with an estimation that 1 in 10 males will experience at least one in their lifetime. Although the cause of kidney stones is multifactorial and individual, there are modifiable risk factors that have been identified including poor fluid intake, high consumption of oxalate-containing foods, and high consumption of animal products. Additionally, supplementation with magnesium citrate can help to support individuals prone to kidney stone formation.

Magnesium citrate is one of the most common supplemental forms of magnesium. Magnesium citrate is a salt complex that requires stomach acid to break apart and liberate the magnesium ion. It is considered to be a cost-effective and digestively well-tolerated form of supplemental magnesium

with greater bioavailability when compared to magnesium oxide. That being said, perhaps one of the most desirable reasons to supplement with magnesium citrate, aside from its cost-effectiveness and tolerability, is its role in preventing kidney stone formation.

Citric acid has been found to prevent calcium oxalate and calcium phosphate crystal formation and growth. For this purpose, individuals with a history of calcium oxalate or phosphate stones may prefer to supplement with magnesium citrate over chelated magnesium sources. Moreover, supplemental magnesium in non-citrate forms has also been shown to reduce urinary oxalate excretion when taken with meals and also can aid in regulating systemic inflammatory processes when given to correct a deficiency state.

**Magnesium Citrate-Malate** by Cyto-Matrix offers 150mg of elemental magnesium in each capsule, delivered in a citrate salt complex to prevent and support kidney stone formation. Magnesium malate is added to the formula for its ability to support cellular energy production. Each bottle includes 120 vegetarian capsules.

### Each capsule contains

Magnesium ..... 150mg  
(magnesium citrate, Albion™ di-magnesium malate\*)



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### Non-Medicinal Ingredients

Glycine, hypromellose, magnesium stearate.

### Recommended Use Claim

Helps in energy metabolism and tissue formation.  
Helps in the development and maintenance of bones and teeth. Helps to maintain normal muscle function, including the heart muscle.

### Directions of Use

Adolescents and Adults (9 years and older) - Take 1 capsule, 1 - 2 times per day.

### Cautions and Warnings

Keep out of reach of children.

### Storage Conditions

Do not use if safety seal is broken.