



Supports **healthy muscle function** and **relaxation**, energy production, **healthy nerve function** and **blood sugar metabolism***

*In healthy people

KEY BENEFITS

Magnesium supports:

- ✓ Muscle contraction and relaxation
- ✓ Electrolyte balance (which is involved in healthy muscle function)
- ✓ Cellular energy production
- ✓ Nerve function and bone health
- ✓ Blood sugar metabolism*

When dietary intake is inadequate, magnesium may:

- ✓ Relieve muscle cramps and spasms
- ✓ Relieve muscle weakness
- ✓ Support exercise performance
- ✓ Support healthy sleeping patterns
- ✓ Maintain the health of the cardiovascular system

PRODUCT FEATURES

- ✓ Contains magnesium glycinate, a highly bioavailable form of magnesium

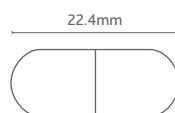
*In healthy people

ACTIVE INGREDIENTS

Each tablet contains:

Magnesium glycinate (OptiChel [®] MG)	491mg
equiv. to magnesium	70mg
Magnesium citrate	389mg
equiv. to magnesium	60mg
Magnesium amino acid chelate	300mg
equiv. to magnesium	60mg
Magnesium aspartate tetrahydrate	150mg
equiv. to magnesium	10mg
Total magnesium	200mg

Suitable for vegetarians and vegans. NO artificial colours or flavours, added yeast, gluten, wheat, nuts, dairy or animal products.



DOSAGE

Adults: Take 1-2 tablets once daily.

Children under 12 years: Take as professionally advised.

Always read the label. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. Vitamin and mineral supplements should not replace a balanced diet. Made in Australia.

BACKGROUND INFORMATION

THE IMPORTANCE OF MAGNESIUM

The adult body contains approximately 25g of Magnesium, with 60% found in the bones, 26% in the muscle and the remainder in soft tissue and body fluids. Magnesium is involved in over 300 essential enzymatic reactions in the body and adequate levels are vital for normal functioning of many important biological functions including nerve conduction, regulation of vascular tone, muscle activity and energy production.

MAGNESIUM AND MUSCLES

Magnesium influences muscle contraction and relaxation through its effect on calcium metabolism in muscle cells. It relaxes muscles by inhibiting the release of cellular calcium and promoting its uptake. Symptoms of inadequate dietary magnesium intake are associated with muscle twitches and cramps, muscle weakness, disrupted sleep and restlessness.

Being a water-soluble mineral, magnesium can be lost through sweat and urine, so there can be an increased dietary intake required if we are exercising and sweating more. Magnesium also plays an important role in normal energy production.

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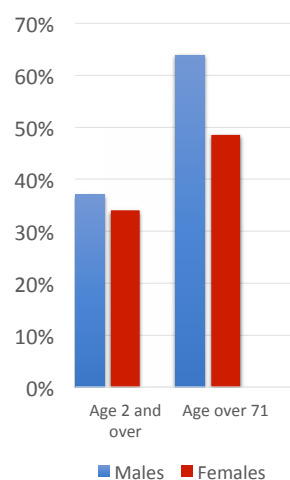


Fusion Health, 54/1 Porter St.,
Byron Bay, NSW 2481 Australia
Ph: 1800 550 103

DIETARY MAGNESIUM INTAKE IN AUSTRALIA

Australian Bureau of Statistics data show that in 2011-12:

- One in three people aged two years and over (37% of males and 34% of females) did not meet the estimated average requirements for daily magnesium intake.
- Nearly half (48%) of women and 64% of men aged over 71 years had inadequate intake compared to the estimated average requirements.



WHY MAGNESIUM GLYCINATE?

Magnesium glycinate is an organic form of magnesium with high bioavailability (absorption and availability within the body). It's a fully reacted compound (i.e. every magnesium molecule is chemically bonded to two molecules of glycine), and is delivered intact to the intestines for easy absorption. Magnesium glycinate is highly stable and electrically neutral, which supports its absorption.

COMPANION PRODUCTS

Stress & Anxiety - Contains herbs traditionally used in Ayurvedic medicine to improve resistance to stress and relieve symptoms of mild anxiety in TCM.



Tienchi Ginseng - Contains Tienchi ginseng, used in TCM to promote healthy blood flow.

