



MAGNESIUM 100 mg
UPC CODE 0646420 2210 3
NPN #02068400

NATURAL HEALTH PRODUCTS DIRECTORATE (NHPD) CLAIMS:

Jamieson Magnesium 100 mg is approved for the following NHPD claims:

- Helps the body to metabolize carbohydrates, proteins and fat
- Helps in the development and maintenance of bones and teeth
- Helps to maintain proper muscle function
- Helps in tissue formation
- A factor in the maintenance of good health

GENERAL INFORMATION

Magnesium is one of the essential minerals required to maintain health and optimal physiological function. Every cell in the body requires magnesium. Approximately half of the body's magnesium stores are found inside the cells of body tissues and organs. The other half is found combined with calcium and phosphorous in our bones, and it is an essential nutrient to keep them healthy and strong.

Magnesium is an important cofactor in hundreds of enzymatic reactions that result in a subsequent release of energy. It is essential to reactions involving the synthesis and metabolism of carbohydrates, lipids, nucleic acids, and proteins, and is required for the binding of substances to the plasma membrane, and for signal transduction. Magnesium plays an important role in maintaining the function of the nerves and regulating muscle contractility through the transport of calcium and potassium ions; it relaxes the muscle after calcium stimulates contraction.

Magnesium also plays a critical role in maintaining heart health and the cardiovascular system. It helps thin the blood, relaxes blood vessels and moderately reduces blood pressure.

Magnesium deficiency is not uncommon among the general population; its intake has decreased over the years in the western world, especially among those on very low calorie or high protein/low carbohydrate diets. Magnesium deficiency can result in a loss of control over the contraction and relaxation of muscles. It can also result in: calcification of soft tissues (from increased calcium absorption); decreased resorption of bone; hypocalcemia (low serum calcium levels); and abnormal metabolism of calcium and potassium.

Magnesium is absorbed principally in the small intestine. The intestines control the amount of magnesium absorbed, and the majority of magnesium stores are intracellular (skeletal bones and muscle, the nervous system, and areas of high metabolic activity, including the kidneys, liver, and digestive tract). The kidneys are responsible for preventing accumulation of magnesium in the blood, and works to quickly excrete any excess from the body.

Jamieson's Magnesium is formulated from natural sources and is pharmaceutically tested to guarantee full potency and absolute clinical purity.

What makes Magnesium 100 mg from Jamieson Laboratories different...and why does that difference mean better?

- 1) It comes in the form of magnesium oxide, along with the Krebs Cycle intermediates citrate, fumarate, malate, succinate and glutamate to enhance absorption. These intermediates are not found in inorganic sources.
- 2) Our premium formulations are manufactured using the 360 Pure process – a minimum of 360 quality tests that guarantee traceability and reliability of raw material, product safety, full potency and absolute clinical purity.

For Accidental Overdose (such as child ingesting formula)
Dial 911, 0 for operator assistance or call you nearest Poison Control Centre.

For Professional Use Only
The information contained here has been accumulated from many sources.
Indications are not intended as cures, they are simply a guideline to be used at your professional discretion.

For more information please visit www.jamiesonvitamins.com or call 1-800-265-5088 to speak to a Consumer Affairs representative.



INGREDIENT INFORMATION

Available as 100 tablets.

Each tablet contains:

Elemental Magnesium.....100 mg

From a highly absorbable natural magnesium complex source of oxide, citrate, fumarate, malate, succinate and glutamate.

EXCIPIENTS

Cellulose, Silica, Vegetable Stearic Acid, Brazilian Palm Tree Wax, Hydroxypropyl Cellulose, Sorbitol, Water-Soluble Cellulose, Polyethylene Glycol, Polysorbate 80, Titanium dioxide.

DIRECTIONS

Adults: Take 1 tablet twice daily with a meal or as directed by a health care practitioner. Store between 15°C-25°C, away from children.

INDICATED BENEFITS

- Overall health and energy metabolism.
- Maintenance of strong, healthy bones.
- Maintenance of healthy heart function.
- Reduces high blood pressure.
- Supports production of intracellular enzymes including those necessary for: energy production; DNA replication; hormone production; proper body growth, repair, and cell maintenance.

NUTRIENT INTERACTIONS

Drug Interactions

Some antibiotics, antimicrobial or anti-infective agents (erythromycin, neomycin) diuretics (water pills), some medicines used to treat cancer (Cisplatin), pharma compounds penicillamine, tetracyclines.

Nutrient Depletions

Aminoglycosides, Amphotericin B, Cholestyramine, Corticosteroids, Digoxin, Foscarnet, HRT's, loop diuretics,

oral contraceptives, Pentamidine, Thiazide diuretics, alcohol, chronic or excessive diarrhea and vomiting, malabsorption disorders, poorly controlled diabetes can cause depletion of magnesium stores.

Foods high in oxalic acid, such as almonds, swiss chard, cocoa, rhubarb, and spinach may reduce the absorption of magnesium.

Supportive Interactions

Vitamin D and calcium enhance magnesium absorption.

WARNINGS AND PRECAUTIONS

None known when taken as directed.

TOXICITY, ADVERSE REACTIONS, AND SIDE EFFECTS

Excess magnesium may cause diarrhea, nausea, and stomach cramps.

Individuals who have difficulty processing high doses of magnesium may develop muscle weakness, confusion, lethargy, and difficulty breathing.

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