

**Complete Mag is a dietary supplement providing 3 important chelated forms of magnesium for enhanced absorption.\***

**What are Chelates?**

- Chelates are organic compounds attached to a mineral resulting in a stable structure. The purpose of chelated minerals is to surround a metal ion with an organic molecule so that it can be better absorbed in the human body.\*

**About Magnesium:**

- Magnesium is an essential mineral and must be taken in through the diet. However, with over processed foods and depleted soil, it is difficult to get the optimal daily intake. Magnesium supplementation is a way to support such intake.
- Magnesium promotes the absorption and metabolism of calcium and is responsible for the activation and function of 325 enzymes that affect various metabolic processes and physiological functions such as:
  - neuromuscular contractions\*
  - heart and cardiovascular function\*
  - regulation of the acid-alkaline balance in the body\*
- Magnesium is necessary for the metabolism of carbohydrates, amino acids and fats; also for energy production, and the utilization of calcium, phosphorus, sodium and potassium which are important electrolytes.

**Magnesium Supports:**

- Adrenal hormone balance\*
- Bone health\*
- Cardiovascular function\*
- Detoxification functions\*
- Glucose metabolism\*
- Mental health\*
- Nerve function\*
- Tooth enamel\*

**Magnesium deficiencies have been associated with a variety of conditions such as:**

- Confusion\*
- Occasional sleeplessness\*
- Low mood states\*
- Irritability\*
- Fatigue\*
- Musculoskeletal conditions\*
- Tooth decay\*

**Supplement Facts**

**Serving Size 4 Capsules**

**Amount Per Serving**

Magnesium (Mg Taurate, Mg Glycinate, Mg Malate) 300 mg

Other ingredients: microcrystalline cellulose, hypromellose (capsule), vegetarian leucine.

**Warning:** If pregnant or nursing, consult your healthcare practitioner before taking this product.

**Suggested Use:** As a dietary supplement, take four capsules daily. Daily amount may be divided between AM & PM, or as directed by your healthcare practitioner.