



## MAGNESIUM MD™

### Novel and Highly Absorbable Magnesium

Highly absorbable and bioavailable magnesium chelate for sensitive individuals, now with ATA-Mg™ (Magnesium Acetyl-taurinate).\*

Magnesium MDTM, a highly absorbable formula for sensitive individuals, has both Magnesium glycinate and ATA-Mg™ (magnesium acetyl-taurinate) making it a more bioavailable source of both magnesium and taurine.

Magnesium is a vital, abundant mineral in the body with a deficiency more prevalent in the adult population than ever before. Its primary distribution is between bone and muscle with surrounding soft tissue. 98% is contained within our cells while the remaining 1-2% flows with the serum outside our cells. Therefore, a standard serum test for Magnesium would not show or reflect a deficiency. Magnesium regulates over 325 enzymes in the body and plays a crucial role in the function of brain, muscle, metabolism, energy production, along with detoxification. Studies have shown benefit with Magnesium supplementation in the following:

Toxemia of pregnancy, arrhythmia, clearer mind, constipation relief, inflammatory lung congestion, migraine, improving glucose control, enhancing insulin metabolism, lowering blood pressure, relieving symptoms of difficult and painful menstruation, alleviating leg cramps (especially in pregnant women), decreases risks associated with metabolic syndrome, restless leg syndrome, anxiety, fatigue, tremors, and sleep disorders.\*

We, at MD Prescriptives, believe the optimal form of Magnesium Glycinate with ATA-Mg™ (Magnesium Acetyl-taurinate) that we provide our patients/clients is the preferred form for uptake and assimilation for the body as well as gastro-intestinal tolerance.\*

Two things to know about all magnesium forms: (A) They either excite your tissues or calm your tissues or are neutral (in this sense) to your tissues. (B) Most forms of magnesium are not absorbed well from the gut and/or do not enter easily into tissue cells, such as magnesium chloride, oxide, sulphate, carbonate, acetate, and citrate, so your hard-earned money is going down the drain when you purchase these less cost-effective supplements!

By incorporating the ATA form of magnesium, it is more lipophilic and therefore has enhanced cellular, neuronal, and blood-brain barrier penetration. This form has been studied for use in severe headaches and seizures. The glycine form of magnesium is what allows it to be actively taken up by the intestinal mucosa, due to the active transport for amino acids, as opposed to the usual passive transport for most minerals.\*

Absorption matters most when it comes to mineral supplementation. Recent studies confirm Magnesium Acetyltaurate most effectively passes through into the brain tissues when compared to other popular forms of magnesium. Early studies on Magnesium Acetyltaurinate showed it was a highly effective form of magnesium that undoes stress. Specifically, this key ingredient in our Magnesium MD™ has been shown to reduce nerve-related hyperactivity associated with:

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|-----------------------|--------------------------------|
| (a) fatigue           | (e) light-sensitivity          |
| (b) anxiety           | (f) heart palpitations         |
| (c) regular headaches | (g) pain and                   |
| (d) intense headaches | (h-i) mild to severe seizures. |

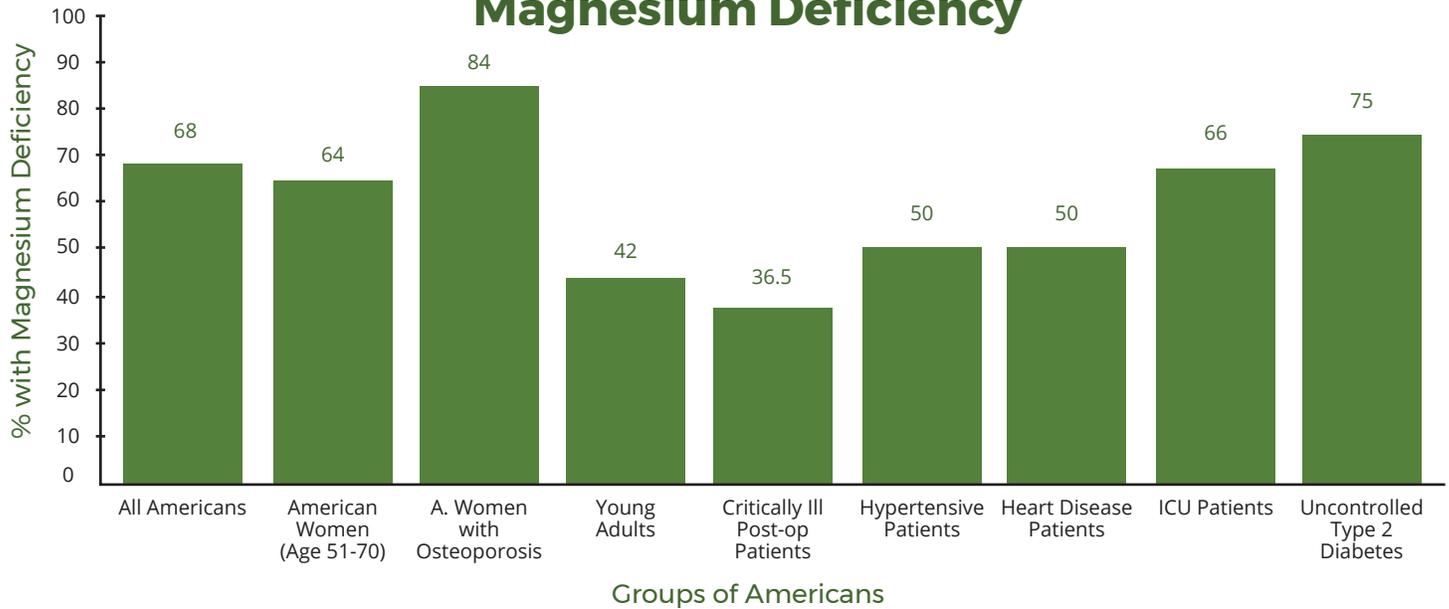
Specifically, unlike other magnesium forms, Magnesium Acetyltaurinate helps neutralize over-the-top nerve excitation, a top effect of stress so common today to us all leading stressful lives.\*

Important synergists to Magnesium MD™ include Essentials 5-in-1 DR™, Omega MD™, and Melatonin.\*

**Suggested Use:** One capsule per meal, or as directed by your healthcare practitioner.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

## Magnesium Deficiency



## References

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