



# MAGNESIUM COMPLEX

Magnesium is one of the most abundant minerals found in the body. It is predominantly found within our body's cells and bones playing an important role in health and nutrition. Magnesium is essential for hundreds of biochemical reactions in the body. These include contribution to maintenance of normal bone health, normal psychological function and muscle function as well as metabolism of carbohydrates, fats, and proteins.

Magnesium plays an important role in lifelong health and vitality. Low levels of magnesium have been associated with a number of chronic diseases.

Additionally, magnesium plays a critical part in physical performance. Adequate magnesium status is of the utmost importance for both competitive and recreational athletes, given the role magnesium plays in cellular reactions, releasing energy from carbohydrates and fats, and its important role in muscle contraction during strength training and endurance activity.

There are many reasons why magnesium deficiencies exist including: consuming foods that are low in magnesium, changes in farming practices, food processing techniques, along with the consumption of over-the-counter and prescription drugs. That is why NeoLife's Scientific Advisory Board formulated NeoLife Magnesium Complex. Magnesium Complex combines three well known forms of magnesium in a Tri-Mag Blend and whole-food phytonutrients (PhytoMag Blend) to help supplement the diet.



NeoLife Scientific  
Advisory Board

#2723 – 60 Tablets

## Why a Magnesium Supplement?

- Magnesium plays an important role in normal body functions. It is important for bones, muscles and protein synthesis.
- Magnesium is required for energy production and optimum vitality.
- Magnesium helps activate vitamin D.
- Magnesium is needed by the body to use calcium.
- Magnesium helps restore the ideal magnesium to calcium ratio in the body.
- Magnesium plays an important role in the prevention of many diseases.

## Why NeoLife Magnesium Complex?

- NeoLife Magnesium Complex is a magnesium supplement containing bioavailable magnesium from three main sources (Tri-Mag Blend) complemented by whole-food phytonutrients (PhytoMag Blend).
- NeoLife Tri-Mag Blend provides 150 mg of magnesium per one tablet serving from three main sources:
  - Double amino acid chelated magnesium bound to glycine, to provide a highly bioavailable and absorbable form of magnesium. Double amino acid mineral chelation was developed by Dr. Arthur Furst.
  - Tri-magnesium citrate is an organically bound natural source of magnesium with high bioavailability.
  - Magnesium oxide has the highest concentration of magnesium and is easily absorbed.

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

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- NeoLife PhytoMag Blend is a proprietary blend of whole-food Beetroot, Kale, Broccoli and Radish, foods that provide phytonutrient benefits such as antioxidant power and are natural sources of magnesium.
  - Magnesium Complex is developed using our 3D technology to enhance bioavailability. NeoLife 3D technology assures rapid and complete Disintegration, Dissolution and Dispersion.
  - Vegetarian/Vegan formula. Made entirely without animal sourced ingredients of any kind. Magnesium Complex fulfills the strict sourcing criteria expected by vegetarian/vegan supplement users.
  - No artificial colours, flavours, sweeteners, or preservatives added.
  - NeoLife products use only GMO-free ingredients.
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