

# Magnesium Master

420g Oral Powder | Wild Lime Flavour

AUST L 445685



Magnesium is a crucial co-enzyme in more than 300 essential biological processes. Its role includes the facilitation of energy production and healthy heart function through mitochondrial support, and it is essential for optimal muscle and nervous system function. Additionally, magnesium plays a pivotal role in maintaining normal cognitive and psychological health, as well as regulating impulse conduction and cardiac function, thereby reducing palpitations and arrhythmias. Moreover, it assists in the maintenance of vascular tone, management of blood pressure, and alleviation of muscle cramps.

Magnesium Master further contributes to carbohydrate conversion and blood sugar level regulation via modulation of the insulin response. It also augments protein synthesis for enhanced bone development, maintenance of bone density, and dental health. The addition of zinc and vitamin C serves to scavenge free radicals and fortify the immune system against oxidative stress, thereby protecting DNA, proteins, and lipids from damage.

Magnesium Master is also instrumental in supporting hormonal health, making it an excellent solution for overall well-being. Likewise, Glutamine offers many benefits, such as the improvement of gut health, reinforcement of the immune system, and promotion of healing and recovery.

Taurine, an amino acid, acts as a carrier for magnesium, facilitating its entry into cells and enhancing its bioavailability. It also contributes to the formation of bile salts and thereby lipid metabolism, supports immune health and aids in the maintenance of nervous system function.



## Magnesium Master

### Serving Size

1 level scoop (7 g)

60 servings



VEGETARIAN  
AND  
VEGAN  
FRIENDLY





# Magnesium Master

420g Oral Powder | Wild Lime Flavour | AUST L 445685



## ACTIVE INGREDIENTS PER 7 GRAM OF POWDER

Ascorbic acid	250 mg
Glutamine	450 mg
Magnesium amino acid chelate	500 mg
Equivalent	
Magnesium	100 mg
Magnesium aspartate dihydrate	267.4 mg
Equivalent	
Magnesium	20 mg
Magnesium citrate nonahydrate	1.513 g
Equivalent	
Magnesium	180 mg
Magnesium glycinate dihydrate	877.17 mg
Equivalent	
Magnesium	100 mg
Magnesium orotate dihydrate	304.85 mg
Equivalent	
Magnesium	20 mg
<b>Total amount of elemental Magnesium</b>	<b>420 mg</b>
Potassium sulfate	44.59 mg
Equivalent	
Potassium	20 mg
Taurine	1.5 g
Zinc citrate dihydrate	46.76 mg
Equivalent	
Zinc	15mg

## EXCIPIENTS

Citric acid  
 Colloidal anhydrous silica  
 Wild Lime Powder Flavour  
 Glycine  
 Maltodextrin  
 Thaumatococcus

## DIRECTIONS FOR USE

**Adults:** Take 1 level scoop (7 g) daily at bedtime with water, or as directed by your healthcare practitioner. Store below 25°C in a cool dry place away from direct heat and sunlight. Do not use if seal on lid has been broken.

## NO ADDED

Gluten, milk, lactose, peanuts, tree nuts, fish, crustacea, egg, sesame seeds, artificial sweeteners or flavours.

## INDICATIONS

### MAGNESIUM:

- Supports healthy heart function
- Promotes nervous system health
- Contributes to healthy bones and teeth
- Enhances energy production
- Assists in carbohydrate metabolism
- Aids in protein synthesis
- Supports healthy muscle function
- Relieves muscle cramps when dietary intake is inadequate

### ZINC AND VITAMIN C:

- Are antioxidants
- Reduce free radicals
- Support immune system health

### WARNINGS:

Vitamin and/or mineral supplements should not replace a balanced diet.

If symptoms persist, consult your healthcare practitioner.

You may also be interested in



**Adrenal Adapt**



**Hormone Hero**



**Methyl Master**



**Think Zinc**

FOR PRACTITIONER DISPENSING ONLY. AUSTRALIA

Customer Care or Clinical Support: **1300 848 787** | Order Online: [www.vitalitysolutions.com.au](http://www.vitalitysolutions.com.au)