

Magnesium Master

Multi-Form Magnesium Complex for Daily Cardiovascular,
Immune & Neuromuscular Support

480 g ORAL POWDER | PIÑA COLADA FLAVOUR | AUST L 528913



Vitality Solutions™
SUPPLEMENTS
Clinical expertise to elevate your health

Magnesium is one of the body's most essential minerals, involved in more than 300 enzyme systems that govern energy production, muscle contraction, nervous system function and cardiovascular health. Maintaining adequate magnesium intake plays an important role in supporting everyday health.

This reformulated **Magnesium Master** combines four complementary forms of magnesium, glycinate, citrate, aspartate and orotate, in a glycinate-dominant profile selected for excellent digestive tolerance and comprehensive everyday support.

The Role of Magnesium

Magnesium is fundamental to the way cells generate and use energy, participating directly in the production and utilisation of ATP, the body's primary energy currency. Because it underpins so many core processes, adequate magnesium status matters for day-to-day wellbeing.

Muscle, Nerve & Heart

Magnesium contributes to normal muscle function, including normal cardiac muscle function, and works alongside calcium to regulate the balance between muscle contraction and relaxation. It supports healthy nervous system function and neuromuscular signalling, and assists in the alleviation of muscle cramps when dietary intake is inadequate

Magnesium & Cardiovascular Health

Beyond its role in normal cardiac muscle function, magnesium has been widely studied for its involvement across the wider cardiovascular system. Research has examined its contribution to healthy blood pressure regulation, endothelial function and vascular tone, and adequate magnesium status is associated with cardiovascular wellbeing in the scientific literature. Working alongside potassium and calcium, magnesium supports the electrical and muscular activity on which normal heart rhythm depends.

Energy, Metabolism & Bone

Magnesium contributes to the conversion of food into energy, supporting carbohydrate and protein metabolism. It is also a component of healthy bone, where the majority of the body's magnesium is stored, supporting healthy bone mineralisation, mass and density.

The Supporting Cast

Zinc and vitamin C provide antioxidant and immune support. Vitamin C helps reduce free radicals formed in the body, while zinc contributes to the body's own antioxidant defences and supports healthy immune system function.

Beyond the magnesium complex, the formula also includes taurine and glutamine. Taurine is a naturally abundant amino acid found in high concentrations throughout muscle and nervous tissue, while glutamine is one of the body's most abundant amino acids and an important metabolic fuel for rapidly dividing cells, including those lining the intestinal tract. Together, they complement the comprehensive nutritional profile of the formula.



Stack me!

Formulated to work together as an integrated system. Every Vitality Solutions supplement is designed to be combined, so practitioners can build a targeted protocol from complementary products.

■ Why four forms of magnesium?

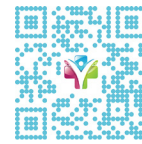
Different magnesium salts possess different physicochemical and nutritional characteristics. Rather than relying on a single source, Magnesium Master combines four complementary forms to deliver 420 mg of elemental magnesium while maintaining excellent digestive tolerance. The glycinate-dominant profile provides the foundation of the formula, with citrate, aspartate and orotate contributing complementary characteristics as part of a comprehensive practitioner formulation.



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SCAN TO
VIEW OUR
FULL RANGE

ACTIVE INGREDIENTS PER 8 g OF POWDER

Magnesium glycinate dihydrate Equiv. Magnesium	2280.70 mg 260 mg
Magnesium citrate anhydrous Equiv. Magnesium	776.70 mg 120 mg
Magnesium aspartate dihydrate Equiv. Magnesium	267.38 mg 20 mg
Magnesium orotate dihydrate Equiv. Magnesium	304.88 mg 20 mg
Total elemental Magnesium	420 mg
Taurine (vegan)	1500 mg
Glutamine	450 mg
Ascorbic acid (Vitamin C)	200 mg
Zinc citrate dihydrate Equiv. Zinc	46.64 mg 15 mg
Potassium citrate Equiv. Potassium	55.31 mg 20 mg

INDICATIONS

Magnesium Master is formulated to:

- Support nervous system health and function.
- Support muscle function and relaxation.
- Help reduce muscle cramps when dietary magnesium intake is inadequate.
- Support energy production, carbohydrate metabolism and protein synthesis.
- Support healthy heart function.
- Support bone health, mineralisation and density.
- Provide antioxidant support and support healthy immune system function.
- Support general health and wellbeing.

WARNINGS

- Vitamin and/or mineral supplements should not replace a balanced diet. If symptoms persist, talk to your health professional.

NO ADDED

Gluten, dairy, egg or soy. No artificial colours or artificial sweeteners.



DIRECTIONS FOR USE

Adults: Mix 8 g (1 level scoop) into 200–250 mL of water once daily, preferably in the evening, or as directed by your healthcare practitioner. Due to the natural mineral content of this formula, settling may occur. Stir or swirl gently before drinking, then top up with a little water to ensure the full dose is taken.

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.

Formulated, blended and packaged
in Australia from quality ingredients.



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Customer Care or Clinical Support: **1300 848 787** | Order Online: **www.vitalitysolutions.com.au**

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