

Magnesium Taurate 400

NPN 80090266

DESCRIPTION

Magnesium Taurate 400 tablets deliver 400 mg of elemental magnesium per daily dose in its bioavailable taurate form.

FUNCTIONS

Magnesium is a mineral that serves a vital physiological function in the body, playing an essential role in a wide range of fundamental cellular reactions. Unfortunately, typical diets in Canada and other industrialized countries often provide less than adequate amounts of magnesium. Supplementation with bioavailable magnesium can help bridge the gap between dietary intake and optimal requirement. More than 300 enzymes require magnesium as a cofactor. Complexed with adenosine triphosphate (ATP), the main carrier of metabolic energy in the body, magnesium is essential for all biosynthetic processes: glycolysis, formation of cyclic adenosine monophosphate (cAMP), energy-dependent membrane transport, and muscle function. Magnesium is also involved in maintaining heart muscle function and normal electrolyte balance. Two-thirds of the body's magnesium content is located in the skeleton. Recent animal studies show that magnesium supplementation supports bone formation and increases its dynamic strength, while also balancing normal bone resorption processes.

INDICATIONS

- Muscle function, including the heart muscle
- Energy and nutrient metabolism
- Electrolyte balance
- Bone and teeth maintenance

FORMULA (#83071-120HYC-C)

Each Tablet Contains:

Magnesium (magnesium taurate)..... 100 mg

Non-medicinal ingredients: Cellulose, dicalcium phosphate dihydrate, tablet coating (polyvinyl alcohol, titanium dioxide, polyethylene glycol, hydrous magnesium silicate), stearic acid, magnesium stearate, croscarmellose sodium, silica.

SUGGESTED USAGE

Adults: Take 4 tablets daily or as directed by your healthcare practitioner.

RISK INFORMATION

Some people may experience diarrhoea.

STORAGE

Keep out of the reach of children. Store in a cool, dry place.

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REFERENCES

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For more information on Magnesium Taurate visit douglaslabs.ca

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