



Magnesium⁸

EIGHT IS GREAT



Magnesium participates in virtually every aspect of human health, acting as a key electrolyte and cofactor in over 300 enzymatic reactions throughout the body. Despite its importance, an estimated two thirds of North Americans do not meet optimal magnesium intake. As a result, thoughtful supplementation can be an important foundation for overall wellness.

POTENTIAL SIGNS OF MAGNESIUM DEFICIENCY

- Frequent muscle cramps or twitches
- Fatigue despite adequate rest
- Mood fluctuations or irritability
- Numbness or tingling sensations in extremities

With so many magnesium options available, understanding what sets them apart isn't always simple. Chelation plays a key role in how magnesium is absorbed and utilized in the body, influencing both bioavailability and functional support. Matching the right form of magnesium to suit personal requirements can be challenging. Enter **Magnesium[®]**, featuring eight well-researched forms of magnesium for a comprehensive approach that is highly bioavailable while still being gentle on the intestines.

Magnesium[®] provides magnesium in complementary forms to support muscle function, bone development, and electrolyte balance throughout the entire body.

Magnesium[®] features 105 mg of elemental magnesium in an oxide-free formula, harvesting a broad spectrum of benefits in one convenient daily dose.

MAGNESIUM BISGLYCINATE

Proven to benefit muscle and heart health while being gentle on the intestines.

MAGNESIUM CITRATE

Well absorbed and easily assimilated, it plays a role in the energy production cycle.

MAGNESIUM ASCORBATE

Chelated with vitamin C for synergistic action and is excellent for heart and electrolyte support.

MAGNESIUM OROTATE

Support for healthy cardiac function and cellular energy production.

MAGNESIUM MALATE

Energy and metabolic support. May support cellular vitality and endurance.

MAGNESIUM ASPARTATE

Biologically active, commonly used in active-lifestyle formulations.

MAGNESIUM THREONATE

Gentle on the stomach and designed for efficient absorption and systemic support.

MAGNESIUM ACETYL TAURATE

Excellent for cardiac and metabolic health.



WHO CAN BENEFIT FROM MAGNESIUM⁸?

- Adults, teens and children aged 9+ requiring the convenience of a gentle, oxide-free, all-in-one magnesium blend
- Adults seeking balanced muscle and heart support
- Individuals wanting to maintain healthy bones
- Those with demanding lifestyles or elevated stress
- People focusing on energy and nutrient metabolism

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Magnesium⁸

Each vegetable capsule contains:

Magnesium (from magnesium citrate, magnesium bisglycinate, magnesium ascorbate, magnesium orotate, magnesium malate, magnesium aspartate, magnesium L-threonate, and magnesium acetyl taurate) 105 mg

Other ingredients:

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use:

Adults, adolescents, and children \geq 9 years old: Take 1–3 capsules daily or as directed by your health-care practitioner.

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- **Manufactured in Canada in a certified cGMP (Current Good Manufacturing Practices) facility.**
- **All ingredients and finished products are tested for quality and safety in an ISO 17025–accredited laboratory.**

To ensure these products are right for you, always read and follow the label.

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