



# MAGNESIUM BREAKTHROUGH™

Full-spectrum magnesium formula offering fast, effective magnesium delivery to cells and designed to help support bone density, restful sleep, heart health and immunity\*

## FEATURES

- Blend of 7 magnesium forms including chelates, organic salts and inorganic salts to supply 250 mg elemental Mg/cap:
  - Chelate – may help support muscle building/recovery\*
  - Bisglycinate – may help support CV health, sleep/relaxation, insulin response and cognition\*
  - Sucrosomial® – Mg oxide using patented *sucrosome* technology (phospholipid/sucrose liposomes) for greater absorption; may help support immunity and bone health\*
  - Malate – may help support exercise tolerance, energy and mental stamina\*
  - Orotate – may help support myocardial function, hepatic lipid metabolism, and athletic performance/recovery\*
  - Taurate – may help support CV health, sleep and relaxation\*
  - Citrate – may help support bowel regularity\*
- Humic/fulvic monoatomic blend and vitamin B6 to aid Mg absorption and cellular uptake
- Supplemental manganese to offset reduced absorption that can occur with Mg supplementation
- Gluten-free, vegan, soy-free formula

## BENEFITS

- Helps maintain blood pressure already within normal range and support myocardial health and vascular integrity\*
- Promotes restful sleep, calm muscles, and a balanced stress response\*
- Helps support healthy bone mineralization and density\*
- Assists cellular fatty acid and carbohydrate utilization to help support healthy blood lipid and glucose levels\*
- Helps support healthy digestion and elimination\*

## Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin B6 (as pyridoxine HCl)	2 mg	118%
Elemental Magnesium	500 mg	120%
(from 1711 mg of Magnesium Proprietary Blend)		
Magnesium Chelate		
Magnesium Bisglycinate		
Sucrosomial® Magnesium (as magnesium oxide)		
Magnesium Malate		
Magnesium Orotate		
Magnesium Taurate		
Magnesium Citrate		
Humic/Fulvic Monoatomic Blend		
Manganese (as manganese citrate)	1 mg	43%

**Other Ingredients:** Cellulose (capsule), Nu-Mag®, Nu-Flow®, Silica. Sucrosomial® is a registered trademark of Alesco S.r.l. Nu-FLOW® and Nu-MAG™ are Registered Trademarks of RIBUS, Inc.

**Directions:** Take 2 capsules with your evening meal. Store in a cool/dry location away from direct light.

**Form:** Veg Caps

**Available Sizes:** 30/60 ct

**Item Codes:** 4283 (30 ct), 2683 (60 ct)

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



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## CLINICAL DISCUSSION

Magnesium is an essential cofactor for hundreds of biological enzymes including those involved in cell signaling, nucleic acid synthesis, and energy production. Inadequate magnesium levels are associated with diseases such as hypertension, atherosclerosis, metabolic syndrome, insulin resistance, type 2 diabetes mellitus, osteoporosis, immune deficiency, anxiety, depression, and migraines.<sup>1-3</sup> Yet, it is estimated that up to one-third of the U.S. population is magnesium deficient and nearly half of Americans don't meet the daily magnesium requirement from food.<sup>4,5</sup> In fact, emerging evidence suggests that subclinical magnesium deficiency is more prevalent than previously reported, highlighting the role of magnesium supplementation in supporting optimal health.<sup>4,6</sup>

Important distinctions exist among various magnesium forms. Depending on the ion or chelate to which it is bound, magnesium will differ in terms of absorption, bioavailability and target tissues. Furthermore, the moiety attached to magnesium may confer its own therapeutic benefits.

Magnesium Breakthrough not only supplies elemental magnesium, it also provides beneficial compounds like glycine, taurine, malic acid, citric acid and orotic acid. Glycine and taurine are amino acids possessing inhibitory neurotransmitter activity and have shown benefit in sleep disorders, anxiety and depression.<sup>7-10</sup> Taurine is also an important mitochondrial antioxidant; studies support its use for cardiovascular, metabolic, and musculoskeletal health.<sup>11</sup>

Malic acid and citric acid are organic acids involved in ATP production and may help support cellular energy pathways and CV health.<sup>12</sup> Orotic acid is a key intermediate in pyrimidine synthesis and may play cardioprotective and neuroprotective roles in human health.<sup>13-15</sup>

## REFERENCES

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