Source Naturals, Magnesium Malate, 625 mg, 200 Capsules

Description

- Dietary Supplement
- Supports Muscles and Energy Production
- 3,750 mg Per Serving
- Non GMO Validated

Source Naturals Magnesium Malate is a compound of magnesium and malic acid. It supports proper muscle function, cardiovascular health, and energy production. Malic acid is a natural fruit acid that is present in most cells in the body and is an intermediate in the Krebs cycle, where energy is captured during the metabolism of carbs and fats. Magnesium is and essential cofactor for over 300 enzymatic reactions in metabolism, ATP synthesis and energy production. Magnesium plays important roles in muscle relaxation, because of its function as a cofactor for enzymes and because of its ability to counterbalance calcium in the cell.

Suggested use

2 to 6 capsules daily with a meal.

Other ingredients

Gelatin (capsule), microcrystalline cellulose, magnesium stearate, and silica.

Contains no yeast, dairy, egg, gluten, corn, soy or wheat. Contains no sugar, starch, preservatives, or artificial color, flavor or fragrance.

Warnings

Note: If you are pregnant, may become pregnant, or breastfeeding, consult your health care professional before using this product.

Do not use if either tamper-evident seal is broken or missing. Keep out of reach of children.

Supplement Facts		
Serving Size: 6 Capsules		
Serving Per Container: 33		
	Amount Per Serving	**% Daily Value**
Calories	10	
Total Carbohydrate	3 g	1%*
Dietary Fiber	1 g	3%*
Protein	1 g	2%*

Supplement Facts		
Magnesium (as magnesium malate trihydrate)	425 mg	101%
Magnesium Malate Trihydrate	3.75 g	†
Malic Acid (as magnesium malate trihydrate and malic acid)	2.5 g	†

*Percent Daily Values (%DV) are based on a 2,000 calorie diet.
†Daily Value not established.

- Source Naturals, Magnesium Malate, 625 mg, 200 Capsules (소스 내추럴스, 마그네슘 말레이트, 3,750mg, 캡슐 200정)

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