

# Super Magnesium™ supplement

## FAQ



### **Q. What are the primary benefits associated with Super Magnesium™ supplement?**

A. The primary benefits associated with this product are:

- Supports over 300 functions in the body, including a calm nervous system, healthy organ function, restful sleep, and metabolic health\*
- Inhibits oxidative stress\*
- Contains melon juice concentrate to increase magnesium efficiency in the body and reduce oxidative stress and fatigue\*
- Decreases physical fatigue while supporting an active lifestyle and normal energy levels\*

### **Q. Is Super Magnesium supplement vegetarian and/or vegan friendly?**

A. Yes, Super Magnesium supplement is both vegetarian and vegan friendly.

### **Q. Are any gluten-containing ingredients included in the Super Magnesium formula?**

A. No, there are no gluten-containing ingredients used in the formulation of Super Magnesium supplement. This product may be manufactured in a facility that uses gluten in other product formulations; however, according to Current Good Manufacturing Practices (CGMPs), the machinery is cleansed and sanitized between products to prevent contamination. If you have additional concerns about using this product, we encourage you to speak to your health care provider.

### **Q. Are any corn-derived ingredients present in the Super Magnesium formula?**

A. No, there are no corn-derived ingredients used in the formulation of Super Magnesium supplement. This product may be manufactured in a facility that uses corn in other product formulations; however, according to Current Good Manufacturing Practices (CGMPs), the machinery is cleansed and sanitized between products to prevent contamination. If you have additional concerns about using this product, we encourage you to speak to your health care provider.

### **Q. Are any soy-derived ingredients present in the Super Magnesium formula?**

A. There are no soy-derived ingredients used in the formulation of the Super Magnesium supplement. This product may be manufactured in a facility that uses soy in other product formulations; however, according to Current Good Manufacturing Practices (CGMPs), the machinery is cleansed and sanitized between products to prevent contamination. If you have additional concerns about using this product, we encourage you to speak to your health care provider.

### **Q. Are any palm/coconut-derived ingredients present in the Super Magnesium formula?**

A. Yes, the stearic acid used in the Super Magnesium formula is derived from palm oil. If you have additional concerns about using this product, we encourage you to speak to your health care provider.



**Q. Are any tree nut-derived ingredients present in the Super Magnesium formula?**

A. No, there are no tree nut-derived ingredients used in the formulation of Super Magnesium supplement. This product may be manufactured in a facility that uses tree nuts in other product formulations; however, according to Current Good Manufacturing Practices (CGMPs), the machinery is cleansed and sanitized between products to prevent contamination. If you have additional concerns about using this product, we encourage you to speak to your health care provider.

**Q. Are any sesame-derived ingredients present in the Super Magnesium formula?**

A. No, there are no sesame-derived ingredients used in the formulation of Super Magnesium supplement. This product may be manufactured in a facility that uses sesame in other product formulations; however, according to Current Good Manufacturing Practices (CGMPs), the machinery is cleansed and sanitized between products to prevent contamination. If you have additional concerns about using this product, we encourage you to speak to your health care provider.

**Q. When is the best time of day to take Super Magnesium supplement?**

A. You can take Super Magnesium supplement any time of day, according to your personal preference.

**Q. Should I take Super Magnesium supplement with or without food?**

A. Super Magnesium supplement can be taken with or without food.

**Q. Are companion products available for Super Magnesium supplement?**

A. Yes, Super Vitamin D tablets, Super Cal Plus™ supplement, Green Omega 3™ softgels, and Super B™ tablets are all wonderful companion products when you're using Super Magnesium supplement. For a relaxing evening, pair Super Magnesium with Deep Night Essence™ capsules and the AromaConnect™ Wake-Up Light.

**Q. What type of capsule is used for Super Magnesium supplement?**

A. Super Magnesium supplement uses a hypromellose (HPMC) vegetable capsule.

**Q. What size is the capsule?**

A. Super Magnesium capsules are size #0. This is approximately 21.6 mm in length and similar to the size and shape of our IlluminEyes™ supplement.

**Q. How often should I take Super Magnesium supplement?**

A. Take 1 capsule 3 times daily.

**Q. Are essential oils used in the formulation of Super Magnesium supplement?**

A. Yes, Bergamot (Citrus aurantium) peel oil is included in Super Magnesium supplement.

**Q. Why did you choose marine-derived magnesium options for Super Magnesium supplement?**

A. We chose to use marine-sourced magnesium because it is sustainable, bioavailable, contains 70+ trace minerals, and allows us to provide all the benefits magnesium has to offer.

**Q. Why did you choose magnesium hydroxide and magnesium citrate as the magnesium sources in Super Magnesium supplement?**

A. We chose to use magnesium hydroxide and magnesium citrate for several reasons. First, magnesium hydroxide and magnesium citrate are considered highly bioavailable. Moreover, combining our



magnesium with melon juice concentrate increases the efficiency of these two types of magnesium and their ability to target where they're needed most.

Second, most research studies show magnesium's impact requires a dose of around 300 mg. The magnesium sources we chose enabled us to fit a full 300 mg dose of magnesium in three small "0" size capsules instead of requiring more or larger capsules. For example, a mere 8 percent of magnesium glycinate is actual magnesium. We'd need three times as much of that kind of magnesium to achieve the same benefit—you'd have to take nine capsules to reach the same amount of magnesium.

Finally, the magnesium hydroxide and citrate used in Super Magnesium supplement are sourced from the clean waters of the Irish Sea. This provides a sustainable source of magnesium and minimizes our carbon footprint.

