



Magnesium CitraMal®

Fully Reacted Magnesium Citrate/Malate Complex 150 mg

- Magnesium citrate has been shown to have superior bioavailability to other forms of magnesium, increasing its clinical effectiveness
- Citrate-malate complexes increase mineral absorption, particularly among individuals with reduced gastric acid secretion
- Malic acid supplies an important substrate in the citric acid cycle, contributing to improved energy metabolism
- Conveniently dosed at 150 mg per capsule, allowing for easy therapeutic dosing

Code: 9486 **NPN:** 80026324
Size: 90 Vegetarian Capsules
Actual Size: 24.25 mm x 8.28 mm



PRODUCT SUMMARY

No reference numbers on the Canadian document.

As the second most abundant intracellular cation and a cofactor for at least 600 enzymes, magnesium is a critical regulator of numerous cellular functions, ion channels, signalling pathways, enzymes, and metabolic pathways, including glycolysis, fatty acid oxidation, and DNA synthesis. Substantial epidemiological evidence indicates that a low magnesium intake is quite common and associated with diverse pathological conditions, particularly metabolic and inflammatory disorders and markers of inflammation, such as C-reactive protein and uric acid. Low intake of magnesium has also been associated with a greater risk for hypertension, osteoporosis, stroke, poor cognition, and cardiovascular disease. Magnesium is particularly important to cardiovascular function, influencing myocardial metabolism, calcium homeostasis, vascular tone, peripheral vascular resistance, and cardiac output. Supplementation with magnesium has also been shown to support cardiovascular health.

Multiple studies indicate that magnesium citrate has greater bioavailability than other forms of magnesium. In addition to improving magnesium bioavailability, citrate itself is a mitochondrial substrate (as is malic acid), provides an alkaline load, and chelates dietary oxalates, reducing renal stone formation risk. Magnesium CitraMal provides fully reacted magnesium, indicating a lack of blended ingredients, and complete binding of magnesium with citrate and malate, associated with greater stability and bioavailability.



MAGNESIUM CITRAMAL®
FULLY REACTED MAGNESIUM CITRATE/MALATE COMPLEX · 150 MG

Serving Size: 1 Vegetarian Capsules

Servings Per Container: 90

Each Vegetarian Capsule Contains:

Magnesium (Citrate, Malate)..... 150 mg
Sourced from 750 mg of magnesium complex yielding 150 mg elemental magnesium.

Non-medicinal Ingredients: Vegetarian capsule (carbohydrate gum, purified water), microcrystalline cellulose, stearic acid, vegetable grade magnesium stearate (lubricant).

Recommended Adult Dose: 3 vegetarian capsules per day or as directed by a health care practitioner.

Recommended Use: Citrate and malate are important Krebs cycle intermediates, indicating that they are important molecules in the production of cellular energy derived from carbohydrates. Citrate and malate are soluble and among the best forms of magnesium. Magnesium is an essential mineral in over 300 enzymatic reactions in metabolism. These reactions include those involved in the Krebs cycle, energy storage, the breakdown of fatty acids, protein synthesis, DNA metabolism, neurotransmitter activity and hormone regulation. Magnesium is a factor in the maintenance of good health.

Caution: Some people may experience diarrhea. Keep out of reach of children.

Contraindications: Magnesium supplementation is contraindicated in individuals with impaired kidney function, as well as people with heart blocks, such as atrioventricular or bifascicular blocks.

Drug Interactions: Magnesium may influence the absorption and/or actions of a number of medications, including calcium channel blockers, bisphosphonates, diuretics, digoxin, warfarin, and various antibiotics, though spacing their administration apart often minimizes any interaction. It has favourable effects on some medications that may require lower dosing, including albuterol, insulin, and other diabetes medications. Additionally, some medications significantly deplete magnesium levels, such as proton pump inhibitors, diuretics, antibiotics, and estrogens, suggesting a possible benefit of combined use.

Contains no artificial colours, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, animal products, tree nuts, or GMOs. Suitable for vegetarians/vegans. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

References available at bioclinicnaturals.com



· GUARANTEED ·

Bioclinic Naturals® products are guaranteed to meet or exceed Good Manufacturing Practices (GMP) of the U.S. Food and Drug Administration (FDA), Health Canada, and the Therapeutic Goods Administration (TGA) of Australia.



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Bioclinic Naturals® Canada
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Stiffness, aching, and soreness Slowing you down?

Musculoskeletal (MSK) conditions are currently the most common cause of chronic disability. Globally, the number of people suffering from these conditions has increased by 25% over the past decade. This trend is expected to continue. Whether it is after a workout, an underlying condition, or inflammatory disease, many of us suffer from some kind of MSK issue.

Dietary recommendations, lifestyle changes, and proper exercise all help in some way or form. The body can get quite overwhelmed and many times needs extra support. With proper help to reduce aches and pains in the body you can be more motivated to implement the changes you need.

Bioclinic Naturals products can help get you to be active and moving again with more ease and comfort. These products can be used alone or in combination to support your muscles and joints.

Do you...

- Suffer from chronic pain lasting more than 3 months?
- Wake up stiff and achy in the morning?
- Feel sore and immobile 2 days after an exercise?
- Have difficulty performing regular activities?

Talk to your health care professional about how these products could help.



MUSCULOSKELETAL SUPPORT



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natural solutions + clinical results

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MUSCULOSKELETAL SUPPORT

Theracurmin® 2X and Theracurmin® Pro-60



- Theracurmin 2X has the highest concentration of Theracurmin curcumin per capsule available.
- Smaller capsule, in a more concentrated potency allows for easy dosing.
- Number one absorbed form of curcumin.
- Utilizes patented, natural colloidal dispersion technology to enhance bioavailability and dramatically increase curcumin levels in the blood.
- Advanced manufacturing techniques increase free curcumin blood levels in a dose-dependent linear relationship.
- Curcumin modulates an impressive number of molecular targets – enhanced absorption allows for significantly greater potency and therapeutic effect.



Dolor Ease™

- Comprehensive formula features white willow extract (*Salix alba*), devil's claw (*Harpagophytum procumbens*), Theracurmin curcumin extract, and boswellia extract (*Boswellia serrata*).
- Used in herbal medicine for short-term relief of low back pain.
- Traditionally used for the relief of minor joint pain caused by osteoarthritis.
- Contains 30 mg of Theracurmin in each capsule, the most bioavailable form of curcumin, providing natural antioxidant and anti-inflammatory support.
- Features InflammRelief™, a natural source of antioxidants to protect joint tissues.



White willow bark

L-Glutamine with Theracurmin®

- Provides 5 g of L-glutamine and 30 mg of Theracurmin per serving.
- Targets multiple pathways of inflammation and protein synthesis to improve muscle repair and recovery following exercise.
- Provides immune and digestive system support.
- Powder formulation allows for flexible and convenient dosing.



Magnesium CitraMal®

- Citrate-malate complexes increase mineral absorption, particularly among individuals with reduced gastric acid secretion.
- Malic acid supplies an important substrate in the citric acid cycle, contributing to improved energy metabolism.
- Magnesium and malic acid have been found to provide support to individuals with muscle tenderness and fatigue.
- Conveniently dosed at 150 mg per capsule, allowing for easy therapeutic dosing.

Magnesium Bisglycinate

- The most-gentle form of magnesium, great for those with digestive complaints.
- Formulated in a powder format for easy and convenient dosing, dissolves quickly.
- Complexed with glycine, an amino acid neurotransmitter known to improve sleep and promote relaxation.
- Plays a role in muscle relaxation, nerve function, regulating blood pressure, and supporting the immune system.

