Frontier Magnesium

As Kreb’s Cycle Magnesium to Maximize Absorption, Assimilation, and Excretion.

Frontier Magnesium helps support:

• Mood
• Nervous System
• Muscle Function
• Bones, & Teeth
• Absorption
• A nutritional supplement to support cardiovascular health and nerve & muscle activity.*

• Magnesium activates at least 350 enzymes in the body, more than any other mineral! It is therefore critical for many metabolic processes and necessary for proper cell function. Magnesium is well known for the transmission of nerve and muscle impulses, its importance in energy production, and its ability to help maintain normal heart rhythm (i) as well as strong teeth and bones. (ii) Magnesium also assists with calcium and potassium uptake, and it aids in maintaining pH balance and normal body temperature.

Magnesium & Mood
Taking magnesium supplements can promote a calm and relaxed state, both physically and mentally. (iii) Magnesium deficiency is linked with depression: people with low dietary magnesium intake or low blood levels of magnesium are more likely to suffer from depression. (iv) Magnesium supplements may also help to alleviate postpartum depression. (v)

Magnesium & the Nervous System
Without enough magnesium, nerves fire too easily in response to stimuli which increases pain sensitivity. (vi) • Magnesium is involved in regulating the stress hormones epinephrine and norepinephrine.

Magnesium & Muscle Function
• Adequate magnesium is necessary for proper muscle function. Magnesium deficiency promotes excessive muscle tension which can lead to muscle spasms and restlessness.*
• Since magnesium promotes smooth muscle relaxation, it may be helpful for improving asthma (vii) (smooth muscle of the bronchioles), painful menstruation (viii) (smooth muscle of the uterus), and high blood pressure (ix) (smooth muscle in the arterioles).

Magnesium, Bones, & Teeth
• Magnesium is involved in the structural integrity of bones and teeth. It regulates calcium absorption. Epidemiological studies have linked dietary magnesium deficiency to osteoporosis, and a large proportion of the population probably has substantial magnesium deficits.*

Absorption
• Absorption of minerals can be problematic. Not all nutrients reaching the upper G.I. tract are absorbed uniformly or adequately. Increasing and improving absorption is vital to good health.* To improve absorption of inorganic minerals, they can be bound to Krebs cycle intermediates.*

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SUPPLEMENT FACTS
Serving Size: 1 Capsule
Servings per container: 240
Magnesium (as Kreb’s Cycle Mg) 100 mg

• Suggested Use: As a dietary supplement, take one capsule, twice daily with meals, or as directed by your health care practitioner.

Warning: If you are pregnant or nursing, consult your health care practitioner before taking this product.

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