

## Extend-Release Magnesium

*Essential magnesium nutrient  
in six-hour formula*

**Item #02107 • 60 vegetarian capsules**

Your body needs the trace mineral magnesium for more than 300 essential biochemical reactions,<sup>1,2</sup> but most of us don't get enough magnesium from dietary sources alone. Life Extension® customers have known about the health benefits of magnesium for years, ranging from potent cognitive function support to heart health. Magnesium can help maintain healthy blood pressure levels already within normal range, support kidney and digestive health, and more.

Now, Life Extension offers Extend-Release Magnesium, formulated with both magnesium oxide for extended release and magnesium citrate for immediate absorption. By combining forms of magnesium optimized for both immediate and prolonged dissolution and uptake, our newest magnesium supplement ensures that you will get the maximum health benefits supplementation can provide. Try Extend-Release Magnesium today.

### References

1. *Clin J Sport Med.* 2000 Jul;10(3):195-200.
2. *South Med J.* 2001 Dec;94(12):1195-201.



### One vegetarian capsule contains:

Magnesium (as ZümXR® magnesium..... 250 mg oxide, magnesium citrate)

Other ingredients: rice concentrate, vegetable cellulose (capsule), microcrystalline cellulose, ethylcellulose, hydroxypropyl methylcellulose, medium chain triglycerides, oleic acid, silica.

### Dosage and use:

Take one capsule once or twice daily, with or without food, or as recommended by a healthcare practitioner.

**Caution:** If taken in high doses, magnesium may have a laxative effect. If this occurs, divide dosing, reduce intake, or discontinue product.

### Non-GMO

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These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.