

AquaSource Magnesium Complex

with Organic Sea Lettuce, Organic Calcareous Algae & Ionic Minerals

In recent years, magnesium has become one of the most popular nutrition supplements on the market, and for good reason.

It is estimated that around 60% of people do not get the magnesium they need from diet alone. This is why a supplement may offer valuable support. Just as important as getting enough magnesium is choosing a form that your body can absorb. AquaSource Magnesium Complex blends four carefully selected sources to deliver high-quality nutrition and maximum absorption.



AquaSource Magnesium Complex

Why do I need magnesium?

Magnesium is a vital mineral that plays a role in many processes in the human body, including muscle function, bone development and vision health. Studies also suggest that magnesium can contribute to better sleep, improve physical performance and help improve mood.

Every cell in your body contains magnesium and needs it to function. Around 60% is stored in your bones, with the rest found in muscles, soft tissues, and bodily fluids, including blood. One of the main roles of magnesium is to act as a cofactor - a helper molecule - in the many biochemical reactions performed by enzymes. It's involved in more than 600 reactions in your body, including:

- **Energy creation:** converting food into energy
- **Protein formation:** creating new proteins from amino acids
- **Gene maintenance:** helping to create and repair DNA and RNA
- **Muscle movements:** aiding in muscle contraction and relaxation
- **Nervous system support:** regulating neurotransmitters, which send messages throughout your brain and nervous system

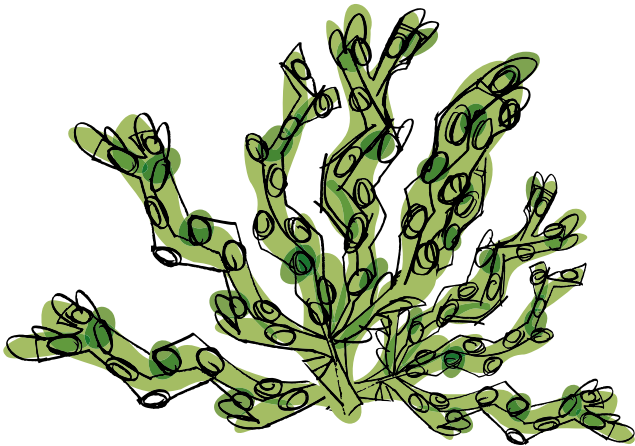


Magnesium is found in foods such as nuts, legumes and leafy green vegetables. Lesser amounts are also found in meat and fish. It can be challenging to get enough magnesium from diet alone, especially with a busy lifestyle or as we age. Factors including stress, certain medications, environmental influences and overall health can also affect how well magnesium is absorbed.

AquaSource Magnesium Complex

Key Ingredients:

AquaSource Magnesium Complex combines four carefully selected magnesium sources to deliver high quality nutrition and maximum absorption.



Organic Sea Lettuce (Ulva Sp)

A light green seaweed found worldwide. It is one of the most nutritionally dense seaweeds available. Rich in essential fatty acids, polysaccharides, vitamins, minerals and other nutrients, organic sea lettuce is especially rich in magnesium, which contributes to normal muscle function, the maintenance of normal bones and to the reduction of tiredness and fatigue.

Ionic Magnesium

Sourced exclusively from the Great Salt Lake in Utah, USA, our ionic magnesium is a naturally occurring, pure form of magnesium that is easy for the body to absorb and utilise. Unlike other forms of magnesium, ionic magnesium does not require digestion and is readily available for immediate use by the body. This makes it an excellent source for those with digestive issues or those requiring a highly bioavailable form of magnesium.

Magnesium Bisglycinate

A chelated salt, formed by combining magnesium with the amino acid glycine. This bond helps the mineral absorb more efficiently in the intestines, leading to higher bioavailability and potentially greater effectiveness.



Organic Calcareous Algae (Lithothamnion)

A form of red algae known to be highly absorbable as well as an excellent source of magnesium and calcium.

Our organic calcareous algae are harvested under an exclusive licence in the pristine waters off the coast of Iceland, in an area untouched by international shipping and industry. In this region, the warm waters of the Gulf Stream meet the cold clean waters of the Arctic, providing the perfect conditions for deposits of Lithothamnion to grow. Our harvester exceeds the highest international standards to ensure that the material is harvested in a sustainable manner and that this precious resource is protected for future generations. An extensive quality control programme ensures traceability, quality, and consistency for each batch.

AquaSource Magnesium Complex



Key advantages

- ✓ Combines four carefully selected forms of magnesium to support optimal absorption.
- ✓ Over 80% of ingredients from high-quality organic or natural sources.
- ✓ Vegetable cellulose capsule.
- ✓ No artificial colourings, preservatives, yeast or added sugar.
- ✓ Gluten free, GMO free and certified by the Vegan Society®.



Gluten Free



GMO Free



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Summary

Magnesium is a vital mineral that plays a role in many processes in the human body, including muscle function, bone development and vision health. Studies also suggest that magnesium can contribute to better sleep, improve physical performance and help improve mood.

It is estimated that around 60% of people do not get the magnesium they need. This is why a supplement may offer valuable support. Just as important as getting enough magnesium is choosing a form that your body can absorb. AquaSource Magnesium Complex blends four sources to deliver high-quality nutrition and maximum absorption.



Approved EFSA Health Claims

- ✓ Magnesium for normal muscle function and the maintenance of normal bones and nervous systems.
- ✓ Magnesium for the reduction of tiredness and fatigue.

For full nutritional information on all AquaSource products (ingredients, directions, allergens and any warnings, if applicable), please see our website www.aquasource.net

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