



SUSTAINED RELEASE

# VitalMag™ Mineral Supplement

Magnesium Delivered Slow and Easy

## THE CHALLENGE

Eight out of ten Americans get less than the recommended intake of magnesium in their diets. Processing food and softening water strip magnesium out of many food sources. This magnesium shortfall is compounded because many people aren't aware of its importance and almost never give second thoughts to the amount of magnesium in their diets.

But magnesium is necessary for more than 300 biochemical reactions in the body, according to the National Institutes of Health. Vital to heart health, magnesium helps to keep a steady heart rhythm and retain normal blood pressure. It's also critical for helping maintain normal muscle and nerve function, supporting a healthy immune system, and keeping bones strong. What's more, magnesium has also been linked to reducing symptoms of PMS.

## SUSTAINED RELEASE VITALMAG

VitalMag proprietary formula and gel-diffusion delivery system bring all of these benefits:

- Promotes cardiovascular health and steady heart rhythm<sup>5,6</sup>
- Helps retain normal blood pressure and blood sugar<sup>2</sup>
- Helps maintain normal muscle and nerve function<sup>1,4</sup>
- Strengthens bones
- May provide relief from PMS symptoms, including water retention, breast tenderness<sup>3</sup>, and bloating

## THE SHAKLEE DIFFERENCE

### • Easy on your digestive system

Our special gel-diffusion delivery system gently releases nutrients into your body over four to six hours. This helps prevent the gastrointestinal upset that's commonly associated with magnesium supplements.

### • Proprietary formula

In addition to a proprietary blend of magnesium from three sources, VitalMag's formula includes potassium for proper nerve transmission, normal muscle contraction and heart health, as well as boron to aid in bone metabolism and magnesium utilization\*

### • Incorporate into any health regimen

- Formulated to be taken on its own or together with other Shaklee products
- Designed to be incorporated into healthy lifestyles supporting bone health, heart health, women's health, blood sugar regulation, stress and mood management, and joint health

## WHO MAY BENEFIT FROM VITALMAG?

- Eight out of ten Americans who don't get the recommended amounts of magnesium, especially older people
- Those who take prescription drugs that inhibit magnesium absorption
- Those under physical or mental stress (Stress may lower the body's magnesium stores, which can enhance the impact of stress on the body).
- Those who smoke or who consume high quantities of alcohol
- People who regularly eat processed and refined foods
- Those with diets low in green leafy vegetables, nuts, and whole grains
- Those who find other magnesium supplements upset their digestive system

\*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

## HOW SHOULD VITALMAG BE USED?

The recommended serving of VitalMag is one 200 mg tablet daily. VitalMag has been specifically designed to prevent the gastrointestinal upset associated with immediate release magnesium supplements for some sensitive individuals. However, for best results, spread your intake of products that contain magnesium throughout the day.

When ordering, use Item Code #20683 (30 tablets)

## SCIENTIFIC REFERENCES

1. Dahle LO, Berg G, Hammar M, Hurtig M, Larsson L. The effect of oral magnesium substitution on pregnancy-induced leg cramps. *Am J Obstet Gynecol.* 1995;173(1):175-180.
2. Guerrero-Romero F, Tamez-Perez HE, Gonzalez-Gonzalez G et al. Oral magnesium supplementation improves insulin sensitivity in non-diabetic subjects with insulin resistance. A double-blind placebo-controlled randomized trial. *Diabetes Metab.* 2004;30(3):253-258.
3. Walker AF, De Souza MC, Vickers MF et al. Magnesium supplementation alleviates premenstrual symptoms of fluid retention. *J Women's Health.* 1998;7(9):1157-65.
4. Roffe C., Sills S., Chrome P, Jones P. Randomized cross-over, placebo controlled trial of magnesium citrate in the treatment of persistent leg cramps. *Med Sci Monit.* 2002. May; 8(S):CR326-30.
5. Al-Delaimy Wk, Rimm EB, Willet WC, Stampfer MJ, Hu FB. Magnesium intake and risk of coronary heart disease among men. *J Am Coll Nutr.* 2004;23(1):63-70.
6. Ascherio A, Rimm EB, Hernan MA, et al. Intake of potassium, magnesium, calcium, and fiber and risk of stroke among US men. *Circulation.* 1998;98(12):1198-1204.

**DIRECTIONS:** Take 1 tablet daily or as needed.

Supplement Facts		
Serving Size: 1 Tablet	Servings Per Container: 30	
	Amount Per Serving	% Daily Value
Magnesium (as magnesium oxide, magnesium citrate, and magnesium gluconate)	200 mg	50%
Potassium (as potassium chloride)	99 mg	3%
Boron (as trace mineral protein hydrolysate)	1 mg	†

† Daily Value not established.

**OTHER INGREDIENTS:** HYDROXYPROPYL METHYLCELLULOSE, MICROCRYSTALLINE CELLULOSE, TITANIUM DIOXIDE, CARAMEL COLOR, SOY LECITHIN, CARNAUBA WAX.



- No artificial colors, flavors, or preservatives added

## SUPPORT MATERIALS

VitalMag Brochure #75276 (English), #75277 (Spanish)

2006 Winter Product Update #75306 (English), #75307 (Spanish)

We stand behind each and every one of our products. The ingredients, purity, safety, and performance of all our Nutrition, Healthy Home, and Personal Care products are 100% guaranteed.



**For more information, visit [Shaklee.com](http://Shaklee.com).  
To learn more about VitalMag, visit [ShakleeVitalMag.com](http://ShakleeVitalMag.com).**