

PHARMANEX® MAGNESIUM



MEET PHARMANEX MAGNESIUM

Missing some Magnesium? This convenient chewable can be taken anytime, without water, to help supplement this essential micronutrient in your diet. Pharmanex Magnesium supports healthy bones, muscles, heart function, and your mood, without any artificial colors, flavors, or sweeteners. It's a vegetarian-friendly way to make up for what you might be missing and customize your supplements with exactly what your body needs to thrive.

WHY YOU'LL LOVE IT

- An essential micronutrient needed to support multiple bodily functions.
- Supports healthy bones, muscles, and heart.
- Helps maintain healthy magnesium levels.
- Supports mood.
- A convenient chewable tablet that can be taken on the go, without water.
- No artificial colors, flavors, or sweeteners.
- Suitable for vegetarians.
- Well-tolerated.

WHAT POWERS IT

- **Aquamin Marine Magnesium**—a unique, more bioavailable form of magnesium, sourced from seawater. This essential micronutrient is not always found in sufficient levels in many diets, but it is important to support healthy bones, muscles, heart, and mood.

HOW TO USE IT

Enjoy one chewable tablet each day.

TRY THESE WITH IT

- LifePak® Elements
- LifePak
- LifePak Nano
- Bone Formula
- Additional Pharmanex Supplements

LEARN MORE ABOUT IT

Can I take Pharmanex Magnesium with other Pharmanex Products that contain Magnesium?

Yes, you can take this product in conjunction with other products containing Magnesium, like LifePak Elements, LifePak, or LifePak Nano. However, please note that the daily upper limit for supplemental (non-food sources) Magnesium is 350 mg for adults. We do not recommend exceeding this amount of supplemental Magnesium in your daily supplement regimen.

Why was Calcium not included in Pharmanex Magnesium?

Pharmanex Magnesium was designed specifically for those people who don't get enough Magnesium in their diets. Magnesium is involved in many different roles inside the body, including muscle and nerve function, bone and mood support, along with many other biological processes. For those looking for added Calcium, we offer other products such as LifePak Nano, LifePak, and Bone Formula.

How does Pharmanex Magnesium support Nu Skin's commitment to become more sustainable?

The Pharmanex Magnesium bottle is made from 100% post-consumer resin (PCR). Please check your local capabilities and recycle the bottle where possible. By purchasing Pharmanex Magnesium, you're joining us in taking an active, engaged stride to ensure the future is

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bright for both the planet and each of us. Visit www.nuskin.com/sustainability for more information and details on how to recycle.

SCIENCE THAT PROVES IT

1. Orchard TS, Larson JC, Alghothani N, et al. Magnesium intake, bone mineral density, and fractures: results from the Women's Health Initiative Observational Study. *Am J Clin Nutr.* 2014;99(4):926-933. doi:10.3945/ajcn.113.067488
2. Han H, Fang X, Wei X, et al. Dose-response relationship between dietary magnesium intake, serum magnesium concentration and risk of hypertension: a systematic review and meta-analysis of prospective cohort studies. *Nutr J.* 2017;16(1):26. Published 2017 May 5. doi:10.1186/s12937-017-0247-4
3. Kim MH, Yeon JY, Choi MK, Bae YJ. Evaluation of magnesium intake and its relation with bone quality in healthy young Korean women. *Biological Trace Element Research.* 2011 Dec;144(1-3):109-117. doi: 10.1007/s12011-011-9044-7.
4. Pouteau E, Kabir-Ahmadi M, Noah L, et al. Superiority of magnesium and vitamin B6 over magnesium alone on severe stress in healthy adults with low magnesemia: A randomized, single-blind clinical trial. *PLoS One.* 2018;13(12):e0208454. Published 2018 Dec 18. doi:10.1371/journal.pone.0208454
5. Matias CN, Santos DA, Monteiro CP, et al. Magnesium intake mediates the association between bone mineral density and lean soft tissue in elite swimmers. *Magnes Res.* 2012;25(3):120-125. doi:10.1684/mrh.2012.0317

WHAT'S IN IT

Supplement Facts

Serving Size: 1 tablet Servings Per Container: 30

Amount per serving		% DV
Total Carbohydrates	1 g	0%*
Total Sugars	<1 g	
Incl. Added Sugars	<1 g	2%*
Iron	0 mg	3%
Magnesium (as Magnesium Hydroxide)	150 mg	36%

*Percent Daily Values are based on a 2,000 calorie diet.

OTHER INGREDIENTS: Sucrose, Xylitol, Natural Flavors (Tangerine, Orange), Citric Acid, Magnesium Stearate, Sodium Chloride, Stevia Glycosides (from *Stevia Rebaudiana* leaf extract).