



149 Barrington Street,
Christchurch – New Zealand.
Phone: (03) 332 1786
Fax: (03) 332 1486
E-Mail: products@nzherbal.com

MAGNESIUM LACTATE

Magnesium is essential for the body to be able to use calcium and vitamin C. It helps the body to convert blood sugars into useable energy. Women who take birth control pills, and any persons who drink alcohol should increase their magnesium intake. Magnesium helps to prevent heart attacks, depression, calcium deposits, kidney stones, gallstones and muscle spasms. It can also relieve indigestion, aid in recovery from depression, improve dental health, and aid in the absorption of calcium.

The dietary medical records of over 7,000 middle-aged men between the ages of 45 to 68 years were gathered over thirty years by researchers from The Honolulu Heart Program (Hawaii), The National Institute for Longevity Sciences (Japan), and the University of Virginia School of Medicine (USA). Researchers from these studies have reported that “a clear association has been shown between the risk of coronary heart disease and a dietary intake of magnesium”. After adjustments were made for age and other risk factors, the researchers concluded that those who consumed lower amounts of magnesium were almost twice as likely to develop heart disease when compared to those who consumed higher amounts.

When this data was further broken down into two fifteen year periods, the apparent heart disease protection provided by magnesium intake in the first fifteen years was described as only “modest”. This indicates that full benefits of magnesium are seen over a longer time period.

Your risk of a magnesium deficiency increases if you consume alcohol on a regular basis and take diuretics (since both can increase urinary excretion of the mineral). Certain prescription medicines can also cause magnesium loss (these include Gentamicin, Amphotericin, and Cyclosporine).

Magnesium is naturally present in green leafy vegetables, avocados, whole grains, yellow corn, lemons, grapefruits, figs, nuts, seeds, and apples. The best-known herbal sources include alfalfa, barley grass, capsicum, dandelion, kelp, mullein, peppermint, raspberry leaf, watercress, willow, and wintergreen. Unfortunately, it is often found only in small amounts. Therefore, it is important that you eat a wide variety of these foods to ensure your magnesium levels are sufficient. It also means that it is relatively hard to get too much magnesium (in terms of true toxicity) since diarrhoea tends to develop first.

New Zealand Herbals Magnesium Lactate is designed to be easily absorbed by the body. Use of this remedy is best supported by the consumption of New Zealand Herbals Mineral Max formula. Remember to follow the guidelines and dosage prescribed by your practitioner.

PRECAUTIONS: Since magnesium neutralizes stomach acids, it should not be taken directly after a meal.

Typical Dose: Take two to three capsules per day along with six capsules of Mineral Max 2000. Avoid the use of other mineral or vitamin supplements while using these two remedies.