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Mg-Zyme™

Why you may need Mg-Zyme™: Magnesium (Mg) is a macromineral which plays an indispensable role in a wide variety of metabolic functions in the human body. In fact, it is difficult to find a metabolic process which does not require magnesium. Of the approx. 25 grams of Mg found in the human body, ~60-65% is located in bone, ~27% is intramuscular, and ~7% is found in other cell types and bodily fluids. Over 300 known & distinct different essential enzymatic reactions in the body require Mg. Energy production, including fat and carbohydrate metabolism as well ATP production are Mg dependent. RNA and DNA synthesis also require the presence of Mg. Structurally, Mg is crucial, as it is part of the bone's crystal lattice. It is also found in concentration on the cortical surface of bones where it is believed to be stored until it is needed during times of deficiency. The cardiovascular system, nervous system, muscles, kidneys, liver, brain, hormone secreting glands, and gastrointestinal tract all rely on Mg for their metabolic function. Due to this pervasiveness, deficiency symptoms can widely vary. Some of the most common presentations associated with Mg deficiency include: hypomagnesemia, hypocalcemia, hypoglycemia, elevated serum fats, increased blood pressure, muscle weakness, tremor, and spasm. A softening or weakening of bone, headaches, nausea and vomiting have also been noted. Decreased absorption of Mg has been associated with individuals with gastrointestinal dysfunction, renal impairment, alcoholism, glucose metabolism disorders, and also with seniors. Diuretics, certain antibiotics, anticoagulants, corticosteroids, and oral contraceptives may all lower magnesium status. Consuming a diet high in cooked foods, fiber, or excess zinc may also impair Mg absorption.



Why your healthcare practitioner recommends Mg-Zyme™:

'Chelated' and 'Non-chelated' are the two basic forms of Mg found in dietary supplements. In the case of Mg, the most common chelates fall into the category of amino acid chelates, where the Mg molecule is attached to an amino acid building block. There is some research that indicates that chelated Mg (i.e. magnesium glycinate, magnesium aspartate, etc.) is better absorbed than many non-chelated forms such as magnesium oxide. Biotics Research Corporation has formulated **Mg-Zyme™** with an ideal blend of three forms of magnesium recognized for their bioavailability and decreased risk of gastric distress. These forms include magnesium aspartate, magnesium gluconate, and magnesium glycinate, and make **Mg-Zyme™** an exceptional formula for neuromusculoskeletal health. As always, you can count on Biotics Research Corporation to offer superior nutritional products supplying "The Best of Science and Nature".

Supplement Facts

Serving Size: 1 Tablet

	Amount Per Serving	% Daily Value
Magnesium (as magnesium aspartate, magnesium glycinate and magnesium gluconate)	100 mg	25%

Other ingredients: Stearic acid (vegetable source), organic vegetable culture †, modified cellulose gum, magnesium stearate (vegetable source) and food glaze.

† Specially grown, biologically active vegetable culture containing naturally associated phytochemicals including polyphenolic compounds with SOD and catalase, dehydrated at low temperature to preserve associated enzyme factors.

RECOMMENDATION: One (1) tablet each day as a dietary supplement or as otherwise directed by a healthcare professional.

KEEP OUT OF REACH OF CHILDREN

Store in a cool, dry area.

Sealed with an imprinted safety seal for your protection.

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For more information on Mg-Zyme™, please contact your healthcare provider