

CitraMag

Ultra-Low Excipient Magnesium



Orthoplex White Label CitraMag is a vegan friendly, ultra-low excipient and bioavailable Magnesium citrate that delivers leading standards in Magnesium purity.

CitraMag provides a highly affordable and exceptional quality Magnesium that conforms to standards set by the United States Pharmacopoeia-National Formulary (USP-NF). USP-NF sets rigorous standards for ingredient identity, strength, quality, and purity. CitraMag is specifically formulated to remove both common excipients and accessory vitamins and minerals delivering 150mg of pure elemental Magnesium and colloidal anhydrous silica in vegan friendly Vcaps®.



AUST L 262515

Pack Size: 120 capsules

Recommended Dose: Take 2 capsules per day, or as recommended by your registered healthcare practitioner.

Storage: Store below 30°C in a cool, dry place.



Quality

- ✓ Pure, bioavailable Magnesium citrate
- ✓ Ultra-low excipient
- ✓ Suitable for specialised diets (Vegan and FODMAP friendly)
- ✓ Conforms to United States Pharmacopoeia-National Formulary
- ✓ Highly affordable
- ✓ Suitable for pregnancy and lactation

Purity

- NO accessory vitamins and minerals
- NO common excipients including binders, disintegrants, lubricants, coatings and films found in tablets
- NO flavours, colouring agents and sweeteners (including xylitol) commonly found in powders
- NO magnesium stearate

Indications

Contains magnesium which:

- Helps to maintain normal healthy functioning of the nervous system
- Is involved in energy production
- Is necessary for proper muscle and nerve function
- Supports normal healthy cardiovascular function

Each Capsule Contains

Magnesium citrate	925.93mg
equiv. Magnesium	150mg

Excipients

Colloidal anhydrous silica, vegetable capsule (Vcaps®)



Full disclosure of excipients in every formulation

Warnings

Vitamin and mineral supplements should not replace a balanced diet.

Nutritional supplements should not replace a balanced diet.

This information is for Healthcare Professionals only. This product is only available for eligible Clinical Practitioners.

Call **1800 077 113** or visit **www.bioconcepts.com.au**



Technical Information

Bioavailable Magnesium Citrate

Magnesium (Mg) is available in many different forms which may differ in their bioavailability.

Preliminary research, for example, has shown that **Mg citrate may be more bioavailable than Mg amino acid chelate and Mg oxide.** In 2003, a randomised, double-blind trial was conducted involving five groups of volunteers. Three groups were given 300mg of elemental Mg, in the form of either Mg citrate, Mg oxide or Mg amino acid chelate, while two groups were given placebo, in the form of either cellulose or sorbitol. The intervention ran for 60 days. There was no statistically significant differences in Mg levels at baseline, but they were all considered Mg deficient.¹

Both organic forms (Mg citrate and Mg amino acid chelate) were found to be better absorbed than Mg oxide or placebo. **However, only the Mg citrate group had/experienced a greater increase in plasma Mg levels after short-term (24 hours) and long-term (60 days) administration (See Figure 1).** This group was also the only one to have a **significant increase in salivary Mg concentrations after long-term administration (See Figure 2).**

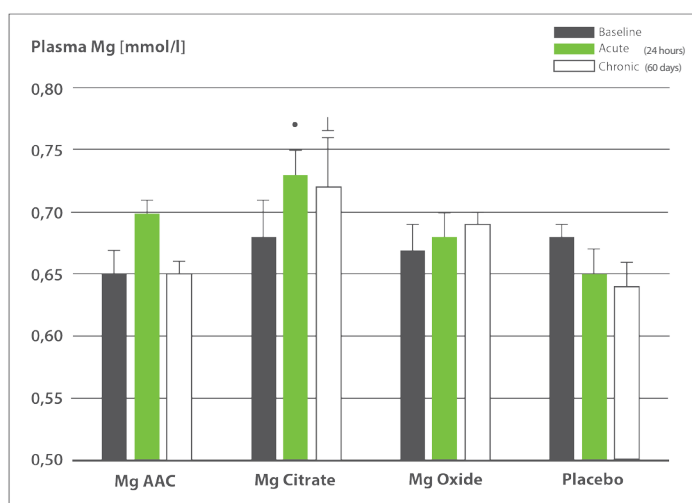


Figure 1 – Plasma Magnesium concentrations³

Leading Standards in Magnesium Purity

Excipients are defined as the non-active ingredients essential to the manufacturing process that do not exert a therapeutic benefit and are therefore considered inert.² CitraMag has been carefully and specifically formulated to remove many of the common binders, disintegrants, lubricants, coatings and films found in tablets and capsules.

It is also free from magnesium stearate, sweeteners, sugar alcohols such as xylitol, colouring agents and flavours making it suitable for many specialised diets including vegan and low FODMAPs. Orthoplex White Label CitraMag proudly contains only colloidal anhydrous silica as an excipient in vegan friendly Vcaps®.

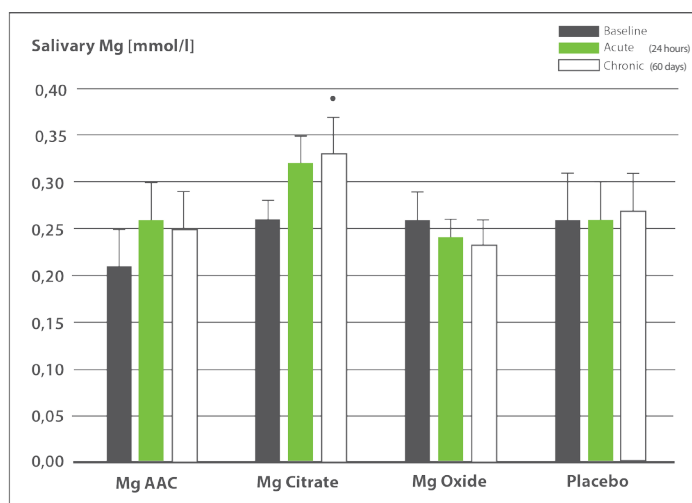


Figure 2 – Salivary Magnesium concentrations³

References available upon request.

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