



## Magnesium Citrate

### Topical Cream with Liposomes

**SKU:** SBL123  
**UPC:** 736211567949  
**Contents:** 100ml

Magnesium is a mineral that is present in relatively large amounts in the body and cannot be manufactured by the body, leaving us responsible for providing enough either through diet or supplementation. Researchers estimate that the average person's body contains about 25 grams of magnesium, and about half of that is in the bones. Almost all of us need to be doing better with our magnesium intakes because it is required by more than 300 chemical reactions including proper muscle and nerve function. Even a mild deficiency of magnesium has noticeable health effects.

Scientific Bio-logics® Magnesium Citrate Cream is a safe and highly proficient way to improve magnesium imbalances in the body. Topical delivery is a more efficient way to increase serum levels of magnesium over oral supplementation, which may be helpful in supporting healthy muscle and nerve function, preventing muscle cramps, alleviating sleeplessness, and improving cardiovascular health.

Magnesium is an essential mineral that is present in large quantities throughout the human body. In fact magnesium is the fifth most abundant mineral in the body and is involved in over 300 vital metabolic reactions. Researchers estimate that the average person's body contains about 25 grams (25,000 milligrams) of magnesium with approximately 60% of that found in the bones, 27% found in muscles, 6% found in cells and around 1% found outside of cells.

Scientific Bio-logics® Magnesium Citrate cream offers an easy to use and highly effective way to increase one's magnesium levels in the body. Transdermal applications of magnesium allows for increased amounts of this mineral to reach the body directly. This alleviates any difficulties some may have absorbing nutrients through oral supplements due to problems in their gastrointestinal tract. Magnesium Citrate transdermal cream is great for improving magnesium imbalances in the body and alleviating muscle cramps caused from over-exertion, mineral depletion or premenstrual-like symptoms (PMS). Adequate magnesium intake may also be beneficial in reducing migraine-like symptoms. Researchers found that migraine sufferers had lower magnesium serum levels compared to the control group, which comprised of non-migraine afflicted individuals.

#### Indications:

Muscle cramps, muscle stiffness and muscle fatigue.

#### Suggested Use:

Best absorbed through thin skinned areas of the body that are well supplied with capillary blood flow such as neck, upper chest, inner forearm, inner thigh and abdomen. May be applied several times a day as needed or as directed by your healthcare professional.

#### Ingredients:

Deionized Water, Caprylic/Capric Triglyceride, Magnesium Citrate, Polyacrylate 13, Polyisobutene, Polysorbate 20, Simulgel 600, Lecithin, Glycerin, Alcohol, Sodium Hydroxymethylglycinate, Potassium Sorbate, Citric Acid

#### For external use only.

#### Magnesium Health Benefits:

- Maintains normal muscle and nerve function
- Promotes muscle relaxation
- Strengthens bones and teeth
- Promotes proper sleep patterns
- Metabolism of carbohydrates and fats
- ATP synthesis and cellular energy production
- Synthesis of essential molecules like nucleic acids
- Required for active transport of ions, like potassium and calcium, across cell membranes
- Cell signaling
- Promotes regularity of bowels
- Cardiovascular health and normal blood pressure levels
- Important for blood sugar metabolism and insulin sensitivity
- Influences bone matrix and bone mineral metabolism

Magnesium cannot be manufactured by the body therefore adequate levels must be achieved through a well-balanced diet along with proper supplementation as needed. Foods that are high in magnesium include: green vegetables like spinach, swiss chard, okra, broccoli, nuts and seeds, (almonds, sunflower, sesame seeds), whole and sprouted grains, beans, and several variety of fruits like berries, bananas, and many more. The Recommended Dietary Allowance (RDA) of magnesium for males and females at different stages in their life is provided in the chart below. (Note that RDA levels are established by the United States Institute of Medicine and are based on the average daily dietary intake that is sufficient to meet the nutritional needs of approximately 97% of individuals at a given life stage and gender).

Life Stage	Age	Males (mg/day)	Females (mg/day)
Infants	0-6 months	30 AI	30 AI
Infants	7-12 months	75 AI	75 AI
Children	1-3 years	80	80
Children	4-8 years	130	130
Children	9-13 years	240	240
Adolescents	14-18 years	410	360
Adults	19-30 years	400	310
Adults	31 years and older	420	320
Pregnancy	18 years & younger	-	400
Pregnancy	19-30 years	-	350
Pregnancy	31 years and older	-	360

A study conducted in 2003 examined the 1999 -2000 data from the National Health and Nutrition Examination Survey (NHANES) in order to evaluate the amount of magnesium Americans were consuming from their diet. Results from the study showed that most people were consuming 75-100 mg less on average than the recommended daily allowance of magnesium. There was also a significantly greater decrease in magnesium consumption among certain ethnicities and elderly groups. The table below summarizes some of the results from the data collected regarding American's consumption of magnesium versus RDA levels.

Percentage Among Adult Americans	Amount of Magnesium Consumed
68%	Consumed less than the RDA of Magnesium
45%	Consumed ¾ of the RDA of Magnesium
19%	Consumed only ½ of the RDA of Magnesium

The decrease in magnesium consumption in the United States could be attributed to the increase in convenient processed foods, which are highly deficient in magnesium. In fact, magnesium and many other nutrients are actually lost during the refinement process.

#### Magnesium Deficiencies in the Diet may be Exacerbated by the Following:

- Dry roasting of nuts and seeds removes the oil that contains magnesium
- Milling flour from grains strips away magnesium
- Carbonated beverages and some processed foods that contain phosphates binds to magnesium in the intestines and prevents its absorption
- Refined sugar causes the body to excrete magnesium from the kidneys
- Caffeine also causes the kidney to release extra magnesium in the urine
- Alcohol can lower the availability of magnesium to the cells and cause an increase in excretion from the kidneys
- Excessive use of diuretic products
- Mineral imbalances in the body that inhibit proper magnesium utilization
- Low stomach pH prevents the proper absorption of minerals in the body
- Agriculture grown on magnesium depleted soil
- Physical and emotional stress may deplete magnesium levels in the body