



# Amazing Magnesium

Choosing the best magnesium formula for your patient's unique needs

Despite magnesium being present in all cells of the body and involved in over 300 enzymatic processes, approximately 1 in 3 Australasians are lacking in this essential mineral.

Our body needs magnesium, but cannot make it. After consuming magnesium, it is only stored in our body for a short amount of time, and becomes depleted as we age.

Chronic physical or mental stress also depletes the body of magnesium and low magnesium levels can intensify stress levels. Magnesium modulates activity of the body's stress response system and is essential for supporting the nervous system, easing stress, supporting a positive mood, and getting a great night's sleep.

Food sources of magnesium include nuts, dark leafy greens, oats, and brown rice. For more targeted magnesium support, RN Labs has a range of options available.



## Magnesium L-Threonate Powder

**Mg Threonate is best suited to patients who require magnesium delivery to the brain specifically.**

An extremely bioavailable form of magnesium, Magnesium Threonate is the optimum form of magnesium for Nervous System delivery. Magnesium Threonate can readily cross the Blood-Brain Barrier and serve as a neurological cofactor in cognitive, mood and stress related functions, whilst also supporting magnesium levels in the entire body. Favourable taste and solubility properties further increase ease of administration and combining.

### COMPOUNDING

Pack Size: 50 g

Ingredients:

Magnesium Threonate (7.75%)

### Density:

2.5 ml = 1.55 g (120 mg Mg) ~ (0.6 g/ml)

FOR EXTEMPORANEOUS USE ONLY.

Suitable for vegans.



## Tri-Factor (B6, Zn, Mg)

**Best for patients that may benefit from combined nutritional support, particularly for conditions and symptoms associated with PMS, hormonal imbalances, mood irregularities and sleep issues.**

RN Labs Tri-Factor provides a synergistic blend of key nutrient cofactors (zinc, B6, magnesium) in highly bioavailable forms. Involved in hundreds of enzymatic processes, these cofactors taken together can support numerous biological processes, including neurotransmitter production, fatty acid metabolism, detoxification and energy production.

Pack Size: 60 capsules

Each Capsule Contains:

Magnesium Citrate.....	645 mg
Equivalent to Magnesium.....	100 mg
Pyridoxal-5-Phosphate.....	21.9 mg
Equivalent to Pyridoxine.....	15 mg
Zinc Citrate (Dihydrate).....	37.3 mg
Equivalent to Zinc.....	12 mg

Excipients: Leucine, Hypromellose (Capsule), Microcrystalline Cellulose, Colloidal Anhydrous Silica.  
Suitable for vegans.



## Magnesium Citrate

**RN Labs Magnesium Citrate is a highly-absorbed citrate chelate form of magnesium.**

Magnesium citrate supports muscle and vascular function, including heart and lungs. It may assist with muscular cramps of the legs (during pregnancy or nocturnal), and may assist in reducing migraine frequency. Magnesium citrate helps the body to metabolise energy and dietary macronutrients (carbohydrates, fats and proteins), and support the development and maintenance of teeth and bones.

Pack Size: 90 and 180 capsules

Each Capsule Contains:

Magnesium Citrate.....970 mg  
Equivalent to Magnesium.....150 mg

Excipients: Colloidal Anhydrous Silica,  
Hypromellose (Vegetarian Capsule)

Suitable for vegans.

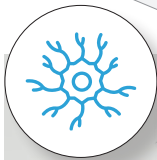
## Magnesium Citrate vs. Magnesium Glycinate – What's the Difference?

**Both forms are highly absorbable, well tolerated, and effective.**

Magnesium citrate is made from magnesium salt formed with citric acid (citrate). Magnesium citrate is a great choice when you are looking for full body support, including muscular cramps and migraines.

Magnesium glycinate is made from a salt formed with glycine (glycinate). Magnesium glycinate may be chosen if you are looking for full body support that leans more towards neurotransmitter and mental health support including supporting sleep and feelings of calm.

However, both forms should provide effective support for supporting a wide range of enzymatic processes throughout the body.



## Magnesium Glycinate

**RN Labs Magnesium Glycinate is a highly absorbed glycinate chelate form of magnesium.**

Magnesium glycinate delivers magnesium for over 300 enzymatic processes in the body, including supporting brain and nervous system health. It plays an essential role in nerve transmission and neuromuscular conduction. In magnesium deficiency, neuronal requirements for magnesium may not be met, causing neuronal damage which could manifest as depression among other cognitive consequences.

Pack Size: 90 and 180 capsules

Each Capsule Contains:

Magnesium Glycinate.....750 mg  
Equivalent to Magnesium.....150 mg

Excipients: Hypromellose (Capsule),  
Leucine, Colloidal Anhydrous Silica.

Suitable for vegans.



## What About Cal:Mag?

**While it contains both Calcium and Magnesium Citrates, this formulation is primarily intended for facilitating balanced Calcium supplementation (for those who need Calcium, more so than Magnesium alone).**

Magnesium is a necessary nutrient for the assimilation of Calcium into bones, as well as for activating Vitamin D in kidneys. Without the presence of adequate Magnesium, a high Calcium intake may increase the risk of arterial calcification (CVD) and Kidney Stones.

Pack Size: 60 capsules

Each Capsule Contains:

Magnesium Citrate..... 495 mg  
Equiv. to elemental Magnesium..... 75 mg  
Calcium Citrate..... 311 mg  
Equiv. to elemental Calcium..... 75 mg

Excipients: Hypromellose (Capsule),  
Ascorbyl Palmitate, Microcrystalline  
Cellulose, Colloidal Anhydrous Silica.

Suitable for vegans.

Featured Product

# Mixed Mag Forte



## THE 'ALL-ROUNDER'

Includes multiple forms of Magnesium to maximise bioavailability and uptake potential in the body (using varied uptake mechanisms) to ensure optimum absorption.



## CHELATOR SYNERGY

Multiple chelators provide diverse affinities for numerous tissues in the body, to support broad clinical applications and efficacy.



## THE 'HEAVY-HITTER'

Delivers a substantial dose of elemental Magnesium (from multiple forms) to maximise convenience, efficacy and compliance.



## TAURINE: THE 'ALLY'

Includes Taurine to enhance the utilisation of Magnesium throughout the body by assisting the transport of Magnesium into cells.



## Mg OROTATE

Includes Magnesium Orotate to provide additional support for extracellular and Cardiovascular tissues, cardiac rhythm, and normal blood pressure.

- ✓ 300mg of elemental Mg per serve!
- ✓ More convenient than capsules for high dosing
- ✓ Multiple forms of magnesium
- ✓ Facilitates diverse absorption mechanisms
- ✓ Supports multiple metabolic pathways
- ✓ Includes Orotate form for cardiovascular support
- ✓ Taurine provides cellular transport support
- ✓ Includes Glycine for additional promotion of nervous system relaxation
- ✓ Great tasting for high compliance
- ✓ Easy to combine with other formulas

**RN Labs great-tasting Mixed Mag Forte Powder contains highly absorbable forms of Magnesium for optimal utilisation by various physiological systems.**

The presence of multiple chelators enhances and diversifies the affinity of the delivered magnesium to numerous tissues in the body.

### Pack Size: 180 grams

Each 3g Dose (Approx. 2 Scoops) Contains:

Magnesium Citrate.....	1,295 mg
Equiv. to elemental Magnesium.....	200 mg
Magnesium Glycinate Dihydrate.....	641 mg
Equiv. to elemental Magnesium.....	75 mg
Magnesium Orotate Dihydrate.....	381 mg
Equiv. to elemental Magnesium.....	25 mg
Taurine.....	250 mg
Glycine.....	150 mg

Excipients: Malic Acid, *Siraitia grosvenorii* (Monk) Fruit Extract, Natural Lemon Flavour, Colloidal Anhydrous Silica, *Stevia rebaudiana* leaf extract (Stevia).

GLUTEN FREE



DAIRY FREE



EGG FREE



YEAST FREE



SOY FREE



SUGAR FREE



NO  
HARSH  
ADDITIVES

VEGAN

# Amazing Mixed Mag Forte

## Real Life Case Studies and Testimonials



**A 34 year old female patient presented with sleep maintenance insomnia and high stress. She reported a hard time 'switching off'.**

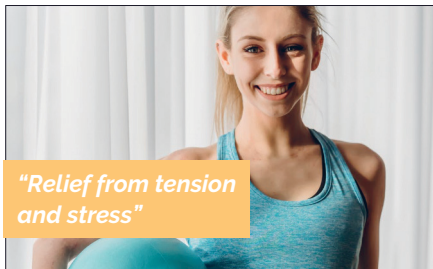
She had a long history of taking different magnesium supplements to support sleep quality and duration, though often experienced a 'magnesium hangover' the morning after taking, saying she felt groggy and that it was hard to get up.

After being prescribed the Mixed Mag Forte, the patient immediately noticed there was no magnesium 'hangover', with an improved quality of sleep, and waking more refreshed.



**A 35 year old male who was very physically active regularly experienced muscle pain and cramping, numbness in hands upon waking, poor circulation and poor sleep quality.**

After only 1 week of taking Mixed Mag Forte daily, the patient reported a significant reduction in numbness upon waking and a reduction in muscle cramping. He also had a noticeable improvement in waking energy.



**A 27 year old female patient reported an ongoing struggle with stress and anxiety, which was causing muscle aches and tension, especially in the shoulders/neck. She also reported a "racing mind" at bedtime, and was often unable to fall asleep for hours.**

She had tried other magnesium supplements however thought they did little to help, and would often double or triple the dose to get any effect.

Since taking Mixed Mag Forte, the patient has noticed a meaningful impact in her daily life, at the appropriate dose, which she mentioned is much more cost-effective. She reported feeling noticeable relief from stress and tension almost immediately.



## WE EARN YOUR TRUST, ONE BOTTLE AT A TIME

*RN Labs deliver premium-grade, strictly clinician-only supplements, formulated for everyone, even your most sensitive patients. All our product labels provide full-label transparency – listing all excipients – so you can be confident that you are giving your patient a pure, high quality product that you and your patient can rely on.*



LEADERS IN NUTRITIONAL MEDICINE