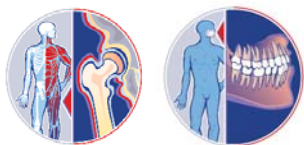




Synergistic Magnesium 150 mg

Quest Synergistic Magnesium 150 mg is a high-quality synergistic formula of nutrients that together ensure optimum absorption and utilization of the magnesium. Magnesium is required for several hundred chemical reactions in the body. Besides its role in bone and tooth health, this mineral is essential for energy production. Magnesium is required for the metabolism of fats, protein, and carbohydrates; the stability of DNA; and the maintenance of acid-alkaline balance. Magnesium also plays an important role in nerve transmission and muscle relaxation.



PRODUCT CODE: 338403

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps in the development and maintenance of bones and teeth. Helps to maintain proper muscle function.	Tablets	Adults take 3 tablets daily, 1 with each meal, or as directed by a health care practitioner.

DESCRIPTION:

Each easy-to-swallow tablet of Quest Synergistic Magnesium 150 mg contains 150 mg of magnesium (HVP* chelate), 30 mg of calcium (HVP* chelate), 15 mg of phosphorus (HVP* complex), and 20 mg of vitamin B6 (pyridoxine HCl). This product contains no artificial preservatives, colours, flavours, or dairy, egg, gluten, shellfish, sulfites or animal derivatives.

*HVP = hydrolyzed vegetable protein.

Recommended Daily Allowance: Dosage of each nutrient varies, depending on age.

Food Sources: **Magnesium:** Legumes, nuts and seeds, whole grains, green leafy vegetables, blackstrap molasses, wheat germ. **Calcium:** Dairy products, legumes, dark green leafy vegetables, wheat bran, sea vegetables, almonds, Brazil nuts, figs. **Phosphorus:** Dairy products, meat, fish, nuts, legumes, whole grains. **Vitamin B6:** Nuts and seeds, legumes, wheat germ, whole grains, bananas, potatoes, salmon, herring, liver, meat, poultry, eggs.

Causes of Deficiency: **Magnesium:** Diet of refined foods, excess calcium intake, alcoholism, surgery foods, diuretics, liver and kidney disease, some oral contraceptives. **Calcium:** Abnormal parathyroid function, vitamin D deficiency, magnesium deficiency, alcoholism, low-calcium diet, phosphates from carbonated beverages, excess caffeine, excess sodium. **Phosphorus:** Long-term use of aluminum-containing antacids. Deficiencies rare except in the elderly, menopausal women, and individuals on restricted diets. **Vitamin B6:** Poor diet, some oral contraceptives, alcoholism, tobacco and air pollutants, stress.

Symptoms of Deficiency: **Magnesium:** Fatigue, mental confusion, irritability, weakness, heart disturbances, problems in nerve conduction and muscle contraction, muscle cramps, loss of appetite, insomnia, predisposition to stress. **Calcium:** Rickets, osteomalacia, osteoporosis, muscle spasms, leg cramps. **Phosphorus:** Weakness, loss of appetite, loss of bone mass, loss of calcium. **Vitamin B6:** Depression, glucose intolerance, anemia, impaired nerve function, cracks in the corners of the mouth, eczema.

Complementary Nutrients: **Magnesium:** Calcium, phosphorus, vitamin B6. **Calcium:** Vitamin D, magnesium potassium, vitamin K. **Phosphorus:** Calcium. **Vitamin B6:** Other B vitamins, especially B2; magnesium; zinc.

DID YOU KNOW...

Magnesium has been found to be low in some women with premenstrual syndrome (PMS).

Synergistic Magnesium 150 mg

HOW IT WORKS:

Calcium, phosphorus and vitamin B6 are added to work synergistically with the magnesium in this formula. Calcium enhances the bioavailability and bioactivity of magnesium, and phosphorus and vitamin B6 ensure the optimum utilization of magnesium.

Magnesium: Besides its role in maintaining healthy bones by promoting the absorption of calcium, magnesium is involved in maintaining a healthy nervous system. In addition, magnesium is required for muscle relaxation, energy production, protein formation, cellular replication, the regulation of sodium and potassium in the cells, and efficient heart function. **Calcium:** Besides its role in the formation of bones and teeth, calcium is also involved in fat and protein digestion and the production of energy. It is involved in blood clotting and the transmission of nerve impulses, and it regulates the contraction and relaxation of muscles, including the heart. **Phosphorus:** Phosphorus is the second most abundant mineral in the body after calcium. This mineral contributes to bone hardness and plays a part in almost every important chemical reaction in the body, especially in the utilization of fats, protein, and carbohydrates. **Vitamin B6:** Involved in the metabolism of amino acids and essential fatty acids, and is therefore required for the proper growth and maintenance of all body functions. Vitamin B6 is also required to make hemoglobin, and it also increases the amount of oxygen that hemoglobin can carry to tissues throughout the body.

RESEARCH:

Countless studies support the use of supplemental magnesium for the treatment and prevention of many conditions, including premenstrual syndrome (PMS), various forms of cardiovascular disease, asthma, and osteoporosis.

SIDE EFFECTS:

No side effects expected at recommended dosage.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner before use if you have a medical condition, or if you are taking any medications.

OTHER CONSIDERATIONS:

Consult a health care practitioner before use if you are pregnant or breastfeeding. Keep out of reach of children.

LABEL:

		<p>DEVELOPPEMENT</p> <p>Magnésium Synergique 150 mg plus calcium et vitamine B6</p> <p>NPN 00469947</p> <p>Aide au bon fonctionnement des muscles</p> <p>90 comprimés</p> <p>Sans colorants, arômes ou agents de conservation artificiels</p>	<p>DEVELOPMENT</p> <p>Synergistic Magnesium 150 mg plus Calcium and Vitamin B6</p> <p>NPN 00469947</p> <p>Helps to maintain proper muscle function</p> <p>90 tablets</p> <p>No artificial colours, flavours or preservatives</p>	<p>Usage recommandé : Aide au développement et au maintien des os et des dents. Aide au bon fonctionnement des muscles.</p> <p>Dose recommandée (adultes) : Prendre 3 comprimés par jour, un à chaque repas, ou selon l'avis d'un praticien de soins de santé.</p> <p>Ingédients médicinaux : Chaque comprimé contient : Magnésium élémentaire (chélate de PVH*) 150 mg Calcium élémentaire (chélate de PVH*) 30 mg Vitamine B6 (chlorhydrate de pyridoxine) 20 mg Phosphore élémentaire (chélate de PVH*) 15 mg * Protéine végétale hydrolysée</p> <p>Ingédients non médicinaux : croscarmellose sodique, séarate de magnésium, cellulose microcristalline, acide stéarique, phosphate dicalcique, glycérine, cellulose.</p> <p>Information sur les risques : Certaines personnes pourraient souffrir de malaises gastro-intestinaux tels que la diarrhée. Ce produit ne contient aucun ingrédient laitier, œuf, gluten, crustacés, sulfites, bié ou dérivés d'origine animale.</p> <p>RANGER DANS UN ENDROIT SEC ET FRAIS. TENIR HORS DE LA PORTEE DES ENFANTS.</p>	<p>Recommended Use: Helps in the development and maintenance of bones and teeth. Helps to maintain proper muscle function.</p> <p>Recommended Dose (Adults): Take 3 tablets daily, one with each meal, or as directed by a health care practitioner.</p> <p>Medicinal Ingredients: Each tablet contains: Elemental Magnesium (HVP* chelate) 150 mg Elemental Calcium (HVP* chelate) 30 mg Vitamin B6 (pyridoxine HCl) 20 mg Elemental Phosphorus (HVP* chelate) 15 mg * Hydrolyzed Vegetable Protein</p> <p>Non-medicinal Ingredients: Croscarmellose sodium, magnesium stearate, microcrystalline cellulose, stearic acid, dicalcium phosphate, glycerin, cellulose.</p> <p>Risk Information: Some individuals may experience gastrointestinal disturbances such as diarrhea. This product does not contain dairy, egg, gluten, shellfish, sulfites, wheat or animal derivatives.</p> <p>STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.</p>	<p>DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE SCÉAU DE SÉCURITÉ SOUS LE CAPUCHON EST BRISÉ.</p> <p>www.questvitamins.com 1-877-929-2548</p> <p>SunOpta Inc. & Commerce Crescent Acton, ON L1J 2X3</p> <p>A Proud Canadian Company Une compagnie canadienne fière de l'être.</p> <p>3184403 01423</p> <p>F.P.O. - 80% LPPC CODE TO BE: 052871 21328 5</p> <p>0 00000 00000 0</p>
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