



Magboost



Key Deliverables:

MagBoost delivers 250mg per serving of a unique blend of Magnesium Glycinate, Malate, and Citrate, fortified with co-factors Vitamin D3 and B6, in a ready-to-mix drink format - just add water for comprehensive health support.

Format:

Ready-to-mix powder added to water.

Key Ingredients:

Magnesium Glycinate, Malate, and Citrate, Vitamin D3 (Cholecalciferol), Vitamin B6 (Pyridoxine)

Indication:

Magboost delivers 250mg of a uniquely balanced blend of three bioavailable forms of magnesium: Glycinate, Malate, and Citrate. MagBoost further distinguishes itself with the addition of co-factors Vitamin D3 and B6, enhancing the absorption and functionality of magnesium.

Problem/Complaint:

Muscle Cramps, Fatigue, Irritability

My Teen:

My teen is getting muscle cramps or is feeling irritable, struggling to sleep, loss of appetite.

Possible Cause/s:

Magnesium Deficiency

Symptoms Associated:

Fatigue

Muscle Cramps

Hyperactivity

Irritability

Loss of Appetite

Poor Concentration

Difficulty Sleeping

Teeth Grinding

Constipation

Functional Benefits:

✓ Energy Production:

Magnesium acts as a cofactor for enzymes involved in energy production, boosting their efficiency. This is crucial for children's active and energetic lifestyle.

✓ Cognitive Development:

Magnesium supports the production and function of neurotransmitters, the signalling proteins necessary for cognition, memory recall, problem solving, and mood regulation. Thus, magnesium aids in learning and behavior management in children.

✓ Physical Development:

Magnesium, along with other minerals, is vital for the growth of bones, muscles, and nerves.

✓ Hormone Production:

Magnesium is involved in the production of sex hormones, like testosterone and estrogen. It helps maintain mood and behavior during hormonal changes, especially in adolescence.

✓ Balance and Coping:

For teenagers, as the demand for physical activities and education increases, magnesium helps maintain a balance by supporting energy production, focus, and stress management.

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Active ingredient	Main Mechanism of Action
Magnesium Malate	Magnesium Malate is recognized for its high bioavailability and sustained release. The malate component is involved in the Krebs cycle (a process used by our cells to produce energy), making this combination potentially superior for supporting energy production on a cellular level. Furthermore, Magnesium plays a critical role in various physiological functions including neuromuscular coordination, cardiac health, and bone strength, making it particularly pertinent in the context of adolescent health and development.
Magnesium Bisglycinate	Magnesium Bisglycinate is a chelated form of magnesium, meaning it's bound to two glycine molecules. This structure allows for higher levels of absorption and bioavailability, leading to its supportive effects on nerve and muscle function, stress management, and bone health, which are all crucial during the adolescent growth phase.
Magnesium Citrate	Magnesium Citrate is a form of magnesium bound with citric acid. This combination improves its solubility and absorption in the digestive tract. This form of magnesium contributes to the normal function of nerves, muscles, and the maintenance of healthy bones and teeth – all pivotal elements in the context of adolescent health and wellness. Moreover, its role in supporting bowel regularity may play a part in the overall well-being of adolescents.
Vitamin B6	Vitamin B6 is known to facilitate the bioavailability and metabolic processes of magnesium. It aids in the intestinal absorption of magnesium and its transportation to cells, thus potentially augmenting the effectiveness of magnesium supplementation.
Vitamin D3	Vitamin D3 is the form of vitamin D that our bodies produce naturally when exposed to sunlight. Alongside facilitating calcium absorption, evidence suggests it may also enhance magnesium absorption from the digestive tract, thus maximizing the benefits of the magnesium supplement.

		
1 level scoop in 200-250ml cold water.	Mix in a glass. Stir well to dissolve.	Anytime. 1 serving per day or as recommended by a health practitioner.

Supplement Facts		
Serving size: 6g (1 level scoops)		
Servings per container: 30		
	Amount per serving	% DV
Energy (kJ)	13	
Protein (g)	0.0	
Glycaemic carbohydrates (g)	0.0	
of which total sugar (g)	0.0	
Total fat (g)	0.0	
of which saturated fat (g)	0.0	
Dietary Fibre** (g)	1.7	
Total Sodium (mg)	112	
Magnesium (mg) as Albion Magnesium glycinate, di-Magnesium malate and Tri-Magnesium citrate	250.0	60%
Vitamin B6 (mg) as Pyridoxine HCL	10.0	588%
Vitamin D (mcg) as Cholecalciferol (D3)	25	167%
Taurine (mg)	500.0	
* Percent Daily Value based on a 2000 calorie diet		
*** Daily Value not established		