

Magnesium Aspartate 2X

DESCRIPTION

Magnesium Aspartate 2X tablets, provided by Douglas Laboratories®, deliver 200 mg of elemental magnesium and 99 mg of elemental potassium for cardiovascular support. †

FUNCTIONS

Magnesium and potassium are two minerals with fundamentally important physiological functions in the body. However, typical diets in the U.S. and other industrialized countries often provide less than adequate amounts of magnesium and potassium. Supplementation with bioavailable aspartate salts of these two minerals can help bridge the gap between dietary intake and optimal requirement.

Magnesium plays an essential role in a wide range of fundamental cellular reactions. More than 300 enzymes require magnesium as a cofactor. Complexed with ATP, the main carrier of metabolic energy in the body, magnesium is essential for all biosynthetic processes: glycolysis, formation of c-AMP, energy-dependent membrane transport, transmission of genetic code for protein synthesis, and muscle function. Magnesium is involved in maintaining already normal heart function and blood pressure. †

Potassium is the principal intracellular cation. Potassium is of great physiological importance, contributing to the transmission of nerve impulses, the control of skeletal muscle contractility, and to the maintenance of already normal blood pressure. †Potassium is generally well absorbed from the gastrointestinal tract, and the kidneys regulate total body potassium by controlling urinary potassium excretion.

INDICATIONS

Magnesium Aspartate 2X may be a useful nutritional adjunct for individuals who wish to increase their dietary intake of magnesium and potassium.

FORMULA (#81285)

Each Tablet Contains:

Magnesium.....	200 mg
(from Magnesium Aspartate/ Oxide Complex)	
Potassium.....	99 mg
(from Potassium Aspartate/Chloride Complex)	

SUGGESTED USE

One tablet daily as a dietary supplement, or as directed by a healthcare professional.

SIDE EFFECTS

No adverse side effects reported.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

Rodríguez-Moran M, Guerrero-Romero F. Arch Med Res. 2014 Jul;45(5):388-93.

João Matias P, et al. Blood Purif. 2014;38(3-4):244-52.

Chang JJ, Mack WJ, Saver JL, Sanossian N. Front Neurol. 2014 Apr 15;5:52. eCollection 2014. Review.

Abbott L, Nadler J, Rude RK. Alcoholism (NY) 1994;18:1076-1082.

Magnesium Aspartate 2X

Adaniya H, Hayami H, Hiraoka M, Sawanobori T. J Cardiovasc Pharmacol 1994;24:721-729.

Al-Ghamdi SMG, Cameron EC, Sutton RAL. Am J Kidney Dis 1994;24:737-752.

Dahle LO, Berg G, Hammar M, Hurtig M, Larsson L. Am J Obstet Gynecol 1995;173:175-180.

E. Ma, et al. J Nutr. 2010 Apr;140(4):779-85. Epub 2010 Feb 17.

Hadjistavri LS, et al. Med Sci Monit. 2010 Jun;16(6):P113-8.

Sacks F, et al. Hypertension [serial online]. January 1998;31(1):131-138.

For more information on Magnesium Aspartate 2X visit douglaslabs.com

† These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

Manufactured by
Douglas Laboratories
112 Technology Drive
Pittsburgh, PA 15275
800-245-4440
douglaslabs.com



© 2016 Douglas Laboratories. All Rights Reserved.

DL81285-0316