

## QuadMag

Comprehensive Magnesium  
Support for Optimal Health\*

### QuadMag Supplementation

Magnesium is essential for over 300 enzymatic reactions, playing a vital role in cardiovascular function, energy metabolism, muscle relaxation, and neurological health.\*<sup>1</sup> However, diet, stress, and increased demands in daily life contribute to widespread magnesium insufficiency, impacting overall well-being.\*

QuadMag delivers a clinically formulated blend of four highly bioavailable magnesium compounds—magnesium glycinate, magnesium taurate, magnesium malate, and magnesium orotate—each selected for superior absorption and targeted health benefits.\*<sup>2,3</sup> By utilizing multiple forms of magnesium, QuadMag ensures optimal cellular uptake to support total-body wellness.\*

Key potential health benefits of QuadMag supplementation:

- Supports relaxation, healthy muscle function, and nervous system health\*
- Promotes heart health and healthy cellular energy production\*
- Supports mitochondrial function and reduces muscle fatigue\*
- Optimizes cellular magnesium uptake for enhanced metabolic support\*

### How QuadMag Works

Each form of magnesium found in QuadMag plays a distinct role in cellular metabolism, ensuring targeted benefits throughout the body.\* These include:

**Magnesium Glycinate** – A highly absorbable chelated form that promotes healthy muscle function, nervous system balance, and metabolic function while being gentle on digestion.\*<sup>4-6</sup> Glycine, an inhibitory neurotransmitter, also supports healthy sleep quality and neuronal health.\*<sup>7,8</sup>

**Magnesium Taurate** – Supports heart health by supporting calcium homeostasis, healthy cardiovascular function, and nitric oxide production for healthy vasodilation.\*<sup>9-11</sup> Magnesium taurate also aids in mitochondrial efficiency and cellular energy production.\*<sup>12,13</sup>



## How QuadMag Works Continued

**Magnesium Malate** – A crucial component of the TCA cycle, fueling mitochondrial ATP production to promote athletic endurance, reduce fatigue, and support muscle recovery.\*<sup>14-16</sup> This form also plays a role in detoxification, helping to remove heavy metals like aluminum from the body.\*<sup>17,18</sup>

**Magnesium Orotate** – Facilitates intracellular magnesium transport, supporting efficient cellular uptake for healthy cardiovascular function, cellular repair, and metabolic function.\*<sup>19-21</sup> Magnesium orotate also supports DNA and RNA synthesis, contributing to healthy cellular function.\*<sup>22</sup>

With 108 mg of elemental magnesium, QuadMag promotes superior absorption and efficacy, delivering comprehensive support for cardiovascular health, energy metabolism, muscle function, and neurological well-being.\*

# Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 30

	Amount Per Serving	%DV*
Magnesium (as magnesium orotate)	31 mg	7%
Magnesium (as magnesium lysinate glycinate chelate) (Albion®)	30 mg	7%
Magnesium (as di-magnesium malate) (Albion®)	25 mg	6%
Magnesium (as magnesium taurate)	22 mg	5%

**Other Ingredients:** Hypromellose, organic Nu-MAG®, organic Nu-FLOW®.

Albion® is a registered trademark of Balchem Corporation or its subsidiaries.

**Directions:** Take two capsules daily or as directed by your healthcare practitioner.

**Caution:** If pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

## References:

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\* 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.

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