



## Magnesium Malate

- Supports Nerve, Joint, and Muscle Health<sup>†</sup>
- Helps To Restore Healthy Magnesium Levels<sup>†</sup>
- Supports Energy Production<sup>†</sup>

† 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. Whether you are recovering from a hard workout or a long day on the job, muscle soreness, tiredness, and fatigue are common conditions in our day to day lives. While you may think you are getting enough magnesium in your diet to support your body in recovery, studies have shown that many people do not get enough magnesium to handle the many body processes it is needed for. Vinco's Magnesium Malate helps to support your daily magnesium intake and it comes in a highly bioavailable form.<sup>†</sup>

## Magnesium (from Magnesium Malate)

- An essential mineral found in, and needed by, every cell in the body<sup>†</sup>
- Can be obtained through a variety of foods, as well as supplements<sup>†</sup>
- Is involved in hundreds of biochemical reactions throughout the body, from muscle movement to energy creation<sup>†</sup>
- Has the potential to help with sleep issues that result in poor sleep quality such as twitching or cramping<sup>†</sup>
- Studies have shown that having low levels of magnesium is associated with and can lead to problems such as heart disease, depression, Type II diabetes, migraines, and Alzheimer's<sup>†</sup>
- Magnesium Malate is gentle on the stomach and highly absorbable<sup>†</sup>
- Magnesium Malate has been shown to be highly beneficial to patients with fibromyalgia<sup>†</sup>

## Thiamine (Vitamin B1)

- Like all B Vitamins, Thiamine is a water-soluble essential nutrient, meaning that the body does not store it
- Necessary for making adenosine triphosphate (ATP) which transports energy within cells
- Due to its involvement in cell functions and converting nutrients to energy, a deficiency can lead to brain and heart problems<sup>†</sup>

Magnesium deficiency is running rampant among Americans. One study sponsored by the National Institutes of Health shows that 68% of Americans are magnesium deficient. Other experts put the number closer 80%.<sup>†</sup>

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| capsule three times per day, or as directed by a qualified<br>healthcare professional.<br>Magnesium has been shown to be beneficial in the<br>support of muscle soreness, tiredness, and fatigue. <sup>1</sup><br>Vinco's Magesium Malate is an excellent bioavailable<br>form of Magnesium.<br>Each capsule contains 137 mg of Elemental Magnesium<br>Ithes statements have not been evaluated by the Food and Drug<br>Administration. This product is not intended to diagnose, treat, cure<br>or prevent any disease.<br>Ithes statements have not been evaluated by the Food and Drug<br>Administration. This product is not intended to diagnose, treat, cure<br>ON Vegetable Capsules<br>Cluttors Frogel Diotory. Supplemental<br>Serving Size: 1 Vegetable Capsule<br>Serving Size: 1 Vegetable | m Code: V-MALIC  |       |   |
|---|--|-------|---|
| Magnesium has been shown to be beneficial in the support of muscle soreness, tiredness, and fatigue. <sup>1</sup> FIDIO-IVIGIC COMPLEX   Vinco's Magesium Malate is an excellent bioavailable form of Magnesium. Magnesium is an excellent bioavailable form of Magnesium Malate is an excellent bioavailable form of Magnesium. Magnesium file   Each capsule contains 137 mg of Elemental Macnesium Magnesium file Magnesium Malate is an excellent bioavailable form of Magnesium Malate.   If 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. Magnesium file Daily Value (DV)   OV Segetable Copsules OV Segetable Copsules No Wheat, No Gluten, No Corn, No Dairy, No Soy   KEEP OUT OF REACH OF CHILDREN Tamper resistant. Do not purchase if seal i Store in a cool, dry place. Store in a cool, dry place.  | d children twelve or more years of age, take one<br>osule three times per day, or as directed by a qualified   | VIDGO | Serving Size: 1 Vegetable Capsule<br>Servings Per Container: 90   |
| These statements have not been evaluated by the food and Drug<br>Administration. This product is not intended to diagnose, treat, cure<br>or prevent any disease.<br>No Wheat, No Gluten, No Corn, No Dairy, No Soy<br>KEEP OUT OF REACH OF CHILDREN<br>Tamper resistant. Do not purchase if seal i<br>Store in a cool, dry place.  | port of muscle soreness, tiredness, and fatigue. <sup>†</sup><br>rco's Magesium Malate is an excellent bioavailable<br>m of Magnesium.                     | `_    | Thiamine (Vitamin B1)   25 mg   2,083%     Magnesium (elemental)   137 mg   33%     (from 900 mg of Magnesium Malate)   137   137 mg              |
| Gluten Free   Dietary Supplement  | ese statements have not been evaluated by the Food and Drug<br>ministration. This product is not intended to diagnose, treat, cure<br>grevent any disease. |       | No Wheat, No Gluten, No Corn, No Dairy, No Soy, No Yeast<br>KEEP OUT OF REACH OF CHILDREN<br>Tamper resistant. Do not purchase if seal is broken. |
|   | 7 39930 24504 4  |       | Formulated and Distributed by:<br>VINCO, INC.   EVANS CITY, PA   (800) 245-1939   |

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